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NOT SUCH A BAD GUY AFTER ALL?

KANE HODDER, THE ACTOR BEHIND THAT HORRIFIC JASON MASK, HAD BURNS OVER HALF HIS BODY. NOW HE RAISES FUNDS FOR SURVIVORS LIKE HIM

PAGE 24

When Lisi got in trouble, Ford wrote a letter to help

Mayor supported his friend in a threatening-death case this summer PAGE 2

T.O. lawyers object to faith-based law school

They fear Christian school in B.C. would discriminate against gay students PAGE 4

Win tickets to see The Tenors

Metro is offering you the chance to see the crooning quartet in Vancouver as the group teams up with Big Brothers Big Sisters

PAGE 33

Facebook OK with beheading video if it's not 'celebrated'

Not too graphic?
Ken Zeise can't believe that the video doesn't violate Facebook's community standards

A graphic video of a beheading that has sparked outrage among some Facebook users will not be removed by the social media website.

The content is being shared to "condemn it, which we think is productive," a Facebook spokesperson explained Thursday.

Meg Sinclair wrote in an email that, "if the video were being celebrated, or the actions in it encouraged, our approach would be different."

The video has been shared more than 3,000 times and "liked" by more than 1,000 people since it was posted last Saturday by a user in Israel.

Horrified

"You're witnessing the death of a human being; it's just awful."

Ken Zeise, former president of the Ontario Progressive Conservative party

"It was the most disgusting, disturbing video I've ever witnessed," said Ken Zeise, former president of the Ontario Progressive Conservative party.

The video appeared on Zeise's newsfeed Wednesday. He clicked it because he was offended by an Islamophobic comment attached to it.

The 46-second video abruptly begins with a man being beheaded by a person standing behind him. The body is then pushed into a ditch.

It's unclear exactly when or where the video was filmed.

"I immediately paused it and clicked the report button," Zeise said.

But Facebook's reply came as a surprise.

"We reviewed the share you reported … and found it doesn't violate our community standard on graphic violence," the note said.

Zeise was flabbergasted. Someone must have made a mistake, he thought.

"I'm going to give them the benefit of the doubt and suggest that someone didn't look at the video or pushed the wrong button," he said.

TORSTAR NEWS SERVICE

WIN STREAK BLOWN AWAY

Maple Leaf goalie Jonathan Bernier makes a glove save as Carolina Hurricanes' Tuomo Ruutu looks for a rebound at the ACC Thursday night. Bernier allowed three goals on 14 shots in the third period after stopping the first 23 he faced in relief of goaltender James Reimer. Carolina beat the Leafs 3-2, ending their winning streak. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Genuine goodness deserves to be shared. See inside for details.
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Barrie

Cop gets one year in jail for assault

A Barrie Police officer who was caught on video beating up a man and then attempting to cover up his crime, was sentenced to one year in jail Thursday for an "outrageous" assault.

Justice Lorne Chester said Jason Nevill, a 10-year veteran of the force, deserved the upper range of sentencing for the November 2010 assault and his deceit when he charged his victim and fabricated his notes.

"The video gave us a very powerful seven minutes of viewing," Chester said.

About a dozen supporters of victim Jason Stern, 26, applauded as the officer was led away in handcuffs.

TORSTAR NEWS SERVICE

Coroner's inquest

Unclear if more training beneficial

There is no way of knowing how well police training in communicating with the mentally ill is actually working, an Ontario Police College instructor testified Thursday.

Ron Hoffman, who trains recruits on mental-health issues, spoke at a coroner's inquest into police shootings of three people suffering psychological disorders.

"There are not a lot of studies … determining how much transfers from the classroom to the street," he testified. "We can say, 'Add more training' ... but I can't tell you whether or not it's ultimately going to have an effect on changing behaviour in the field."

TORSTAR NEWS SERVICE

Mayor wrote letter of support for Lisi

Death-threat case. June letter supporting 'good guy' pal may not be released to public

Mayor Rob Ford wrote a letter of support for his friend, alleged drug dealer Alexander "Sandro" Lisi, that was considered during the sentencing hearing that followed Lisi's conviction for threatening to kill an Etobicoke woman.

The letter was made an exhibit in Lisi's case on June 14 and is briefly referenced in a transcript of the hearing obtained by Torstar News Service.

Recently, when Lisi's name made news as an accused drug trafficker with a record of criminal convictions for threats, harassment and drug possession, Ford expressed surprise that his longtime friend was facing serious accusations. He said Lisi, 35, was a "good guy," and "I don't throw my friends under the bus."

Neither Ford nor his communications staff responded to written requests from Torstar on Thursday to be interviewed on the matter.

Torstar appeared in court Thursday requesting a copy of the letter. Iris Fischer, counsel for Torstar, argued that all exhibits should be open to the public, based on the Canadian open-court principle and supported by case law.

But Lisi's lawyer objected. Justice Jane Kelly said she will hear further arguments Tuesday but noted that if Lisi's lawyer Domenic Basile changes his mind and decides not to oppose Torstar's request, the letter could be released Friday.

"Perhaps common sense will come to prevail on this issue," the judge said.

Justice Paul French, the judge in the case for which Ford wrote the letter, had determined that Lisi threatened to kill his former girlfriend. Lisi has filed an appeal of the conviction. TORSTAR NEWS SERVICE

Recent controversy

Sandro Lisi was recently arrested at an Etobicoke plaza and charged with possession and trafficking of marijuana as part of a probe of drug trafficking that began when, according to a police document, Lisi attempted to swap drugs for a cellphone stolen from a man described as his "associate."

- A source told Torstar the associate is Ford, and two other sources said Ford's phone went missing around that time in March.

Still saying cheese, but little to smile about

Tina Stapper, market manager at the Monteforte cheese stall, at Mel Lastman Square on Thursday. Local cheese makers are concerned Canada's proposed free-trade deal with the European Union would bring in as much cheese in a year as 700 small artisanal dairies in the same amount of time. Full story, page 16.

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808 Britannia Rd. W, Unit 2
25 Watline Ave., Unit 10
7205 Goreway Dr.
1100 Burnhamthorpe Rd.
3021 Argentia Rd.
789 Taunton Rd. E
1053 Simcoe St. N, Unit 4B
2150 Burnhamthorpe Rd. W
60 Bristol Rd. E
920 Southdown Rd., BLD H, Unit 7
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1461 Dundas St. W
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272 Danforth Ave.
471 Eglinton Ave. W
662 King St. W, Unit 2
939 Eglinton Ave. E, Unit 106
154 University Ave., Unit 101
2200 Yonge St., Unit 104
2397 Yonge St.
9A Yorkville Ave.
East York Town Centre
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919 Bay St.
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6236 Yonge St.
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280 Spadina Ave.
4438 Sheppard Ave. W, Unit 151
900 Dufferin St., Kiosk 4010
1000 Gerrard St. E, Unit K2
618 Sheppard Ave. W
6758 Kingston Rd., Unit 12
730 Danforth Ave.
333 Bloor St. E
2120 Queen St. E
8 Wellesley St. E
1965-1971 Yonge St., Unit A
120 Front St. E
660 Eglinton Ave., Unit 104
3151 Yonge St.
808 York Mills Rd., Unit 15-17
2400 Eglinton Ave. W
2900 Warden Ave.
130 King St. W., Unit CW15
3401 Dufferin St., Unit 108
1 Yorkdale Rd., Unit 180
1 Dundas St. W, Unit Z010
220 Yonge St., Unit H014
112-10 Dundas St. E
2901 Bayview Ave., Unit 128A
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Faith-based law school under fire

Protest in Toronto.
B.C. university applying to train lawyers forbids sexual activity outside of 'civil union'

MICHAEL GREGORY
For Metro

Members of the Toronto legal community protested Thursday against a British Columbia university's application to create a law school that would potentially discriminate against gay students.

Trinity Western University, a private Christian school in Langley, has applied to open the country's first faith-based law school.

Students currently attending the university, which does not recognize same-sex marriage, are required to sign a community covenant forbidding sexual activity outside of "civil union."

Toronto lawyer Angela Chaisson encouraged the group of almost 30 lively protesters outside Osgoode Hall yesterday to speak up and not "be part of a profession that discriminates."

"Trinity Western is very blatant about their discrimination, they don't try to hide it, and it's no answer to send people elsewhere," Chaisson later told Metro.

The university's application for a law school is currently before the Federation of Law Societies and the B.C. Ministry of Advanced Education.

If it were to be approved, provincial bodies, such as the Law Society of Upper Canada, could choose to not recognize the accreditation of TWU's graduates.

The university declined an interview request from Metro, saying president Bob Kuhn, also the spokesperson for the proposed law school, was unavailable all day.

A TWU spokesperson instead provided a video link to an interview with Kuhn answering questions about the proposed school.

Marcus McCann, a third-year legal student at the U of T, said spots in law schools are coveted and should not be based on sexual orientation.

Protesters from Toronto's legal community hold signs opposing a private B.C. Christian university's application to open a law school they say would discriminate against gay students. MICHAEL GREGORY/FOR METRO

"We're going to have a problem if we start approving private religious colleges to give legal training and then let those lawyers practise in Ontario and other provinces," McCann said.

Lawyer and executive director of the Canadian HIV/AIDS Legal Network Richard Elliot said he, too, was concerned that a school that "flouts the law of the land" could soon be training future lawyers.

"It's troubling that you would allow under Canadian law the notion that someone can slap the religion sticker on something and thereby get a free pass to discriminate based on sexual orientation," Elliot said.

The Federation of Law Societies has organized an advisory committee to review Trinity's application and a decision is expected shortly.

Line 9B

Ontario urges review of pipeline plan

The province urged federal regulators Thursday to demand an independent review of the risk and engineering assessments submitted by Enbridge in its bid for approval to boost capacity and reverse the flow of an oil pipeline running through Toronto. TORSTAR NEWS SERVICE

City investigating

Sleeping-worker outrage may backfire: Union

The outcry from politicians over a Toronto community centre worker apparently dozing in a photograph could scuttle any penalty he may face, says Tim Maguire, president of CUPE Local 79. According to Maguire, political meddling could amount to a violation of his right to a "fair process." TORSTAR NEWS SERVICE

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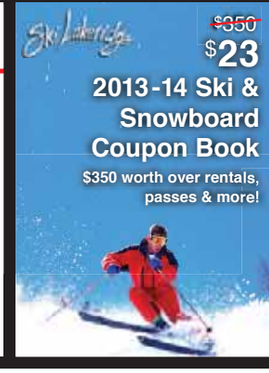

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How much could the world's most expensive bottle of wine possibly cost?

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The Penfolds Ampoule is a limited-edition Australian wine, one of only 12 handmade bottles ever produced. The 2004 Kalimna Block 42 Cabernet Sauvignon is made from what is believed to be the world's oldest continuously producing cabernet sauvignon vineyard.

TORSTAR NEWS SERVICE

Penfolds Ampoule CONTRIBUTED

Race tips from an elite runner: First forget, then focus

Scotiabank Toronto Waterfront Marathon.
Know when to relax, when to push yourself

JESSICA SMITH
jessica.smith@metronews.ca

Runners will take over the streets Sunday for the Scotiabank Toronto Waterfront Marathon.

If, like me, you're preparing to run your first marathon — and you're nervous — it's comforting to have the advice of a pro. Fortunately, my cousin Natasha Yaremczuk is one of this year's elite competitors.

This will be her seventh marathon, not counting her Iron Man races and triathlons. Her goal time is 2:45, about two hours faster than mine.

In the two days before:

"I try to stick to my routine, especially in the foods I eat and the things I drink," she said.

"The best thing is to stay off your feet, because we're getting ready for a big long run and you don't want to be tiring yourself out.

"Just look forward to it and don't think too much about the race. All the work is done and you can't get any more fit than you are, so you just have to carry the confidence in your preparation for race day."

If you're nervous:

"Music is always good in days before. I started reading a book that has nothing to do with running. You shift your focus."

Mental game:

"There's usually a time when the pace starts to get hard even though you're fit," she said. "You'll really have to dig in mentally, and that's one of the hardest things about the marathon."

When you hit the hard point, you'll want to have positive thoughts ready to rely on: how it will feel to cross the finish line, being thankful for your health. You can also shift your focus to your pace, push hard and run until you can think about catching up with someone, Yaremczuk said.

Inspiration:

"The last two months have been really tough. My father passed away, and my sister's father-in-law passed away," she said.

On her singlet, she'll be wearing tokens to represent the two men: a feather and a pin.

"I'm going to be running that race especially for them."

Join us

After the race, come find the Metro couch at the finish line. You're welcome to take a seat, relax and join the Couch to 42k group of Metro runners.

- You can read our blog at metronews.ca/features/couch-to-42k.

Natasha Yaremczuk, seen here at the Boston Marathon, is one of this year's elite competitors. CONTRIBUTED

Ailing, suffering, fighting, walking, running

Dina Pestonji, out for her last training run before Sunday's event.
RICK MADONIK/TORSTAR NEWS SERVICE

After suffering a severe stroke that required emergency surgery to remove part of her skull, 29-year-old Dina Pestonji lay in a Toronto hospital bed, unable to speak or move the right side of her body. She feared she would never walk again.

But a couple of weeks later, in late January, she could wiggle her right toe. Then, slightly lift her right leg. These tiny but monumental movements fuelled her hope and resolve.

After months of rehabilitative therapy, Pestonji will run in the Scotiabank Toronto Waterfront Marathon, with the goal of completing a half-marathon in less than two and a half hours.

Participating in what will be her seventh half-marathon is "incredibly significant," says Pestonji.

"I thought my life was over after the stroke, meaning I wouldn't get to be the super-active and social person who enjoys doing everything," says Pestonji.

Homecoming

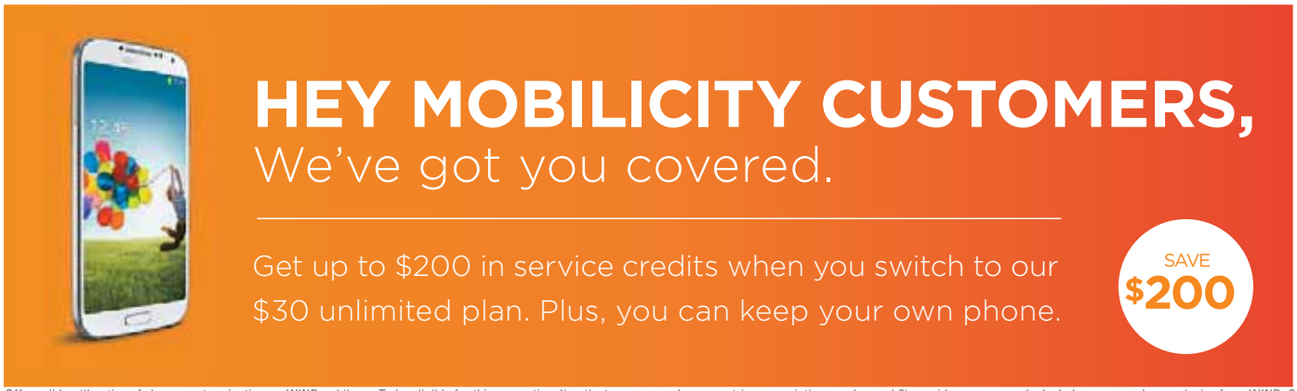
"I'm proving to myself that I'm the same person I was before."
Dina Pestonji

During her rehabilitation, she often needed to wear a protective helmet because a portion of her skull was still missing. It was certainly a triumph when she started to walk, but her headaches remained severe. Even after the piece of skull was reattached in April, she didn't know if her brain could withstand the pounding from running.

By mid-May her brain and legs proved to be up to the task, and she knew she would meet her marathon goal.

"I'm very passionate about (running)," says Pestonji. "It challenges me mentally and physically and gives me the most incredible feeling to cross the finish line."

TORSTAR NEWS SERVICE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‘All hell broke loose’ in shale gas protest

New Brunswick.
RCMP say 40 people arrested after cop cars were set ablaze, Molotov cocktails thrown

The RCMP say dozens of people were arrested Thursday after Molotov cocktails were thrown at officers and police vehicles torched when they began enforcing an injunction to end an ongoing demonstration against shale gas exploration in eastern New Brunswick.

Const. Jullie Rogers-Marsh said at least five RCMP vehicles were destroyed after they were set ablaze and at least one shot was fired by someone other than a police officer at the site of the protest in Rexton.

“The RCMP has worked diligently with all parties involved in hopes for a peaceful resolution. Those efforts have not been successful,” Rogers-Marsh said. “Tensions were rising and serious criminal acts were and are being committed.”

The Mounties said at least 40 people were arrested.

Robert Levi, a councillor with the Elsipogtog, said he went to the protest site early Thursday after hearing the RCMP had moved in to begin enforcing the injunction.

Levi said police pepper-sprayed dozens of people after 9:30 a.m. when he arrived with the chief and council.

“They sprayed the crowd that was there,” he said in an interview. “The chief was manhandled a little bit and all hell broke loose.” THE CANADIAN PRESS

A burnt police vehicle is seen in Rexton, N.B., after police began enforcing an injunction to end an ongoing demonstration against shale gas exploration in eastern New Brunswick on Thursday. ANDREW VAUGHAN/THE CANADIAN PRESS

“What are the economic benefits?”
According to an independent study by Deloitte & Touche, the Energy East Pipeline project will create an estimated 2,200 direct full-time jobs in Ontario in the first six years alone. Fully funded by TransCanada, the project will also generate an estimated $13 billion for Ontario’s economy, $3.5 billion in provincial government tax revenues and countless other business opportunities. Do you have questions about the economic benefits of Energy East? We have your answers at
EnergyEastPipeline.com
TransCanada is a Canadian company with over 60 years of experience building pipelines and power infrastructure safely and reliably.
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Duffy, Wallin, Brazeau.
Ottawa moves to suspend scandal-tainted senators

The Harper government moved Thursday to cauterize the bleeding from the ever-mushrooming Senate expenses scandal.

Claude Carignan, the government’s leader in the Senate, introduced motions to suspend Mike Duffy, Pamela Wallin and Patrick Brazeau, three of four senators at the heart of the scandal. The motions would strip the trio of their pay, benefits and Senate resources.

News of the motions came just before government whip John Duncan announced in the House of Commons that Conservative MPs and senators will begin voluntarily disclosing greater details of their expenses.

The twin moves, coming on the first full day of the new parliamentary session, appeared aimed at quelling some of the raging Senate controversy that has engulfed the government for almost a full year.

But opposition parties signalled they won’t let up on their relentless attacks on the government’s ethics.

NDP ethics critic Charlie Angus won the support of other opposition parties Thursday for his bid to have a Commons committee determine whether Prime Minister Stephen Harper deliberately misled the Commons over the Senate expenses scandal or was deceived by his own staff.

The Senate motions, which will be voted on next week, say the suspensions are necessary to “protect the dignity and reputation of the Senate and the public’s trust in Parliament” and refer to the senators’ “gross negligence in the management” of parliamentary resources.

A fourth senator whose expenses are under RCMP investigation — former Liberal Mac Harb — has already resigned from the chamber.

THE CANADIAN PRESS

Duffy takes leave

Sen. Mike Duffy pre-empted his possible suspension by announcing earlier Thursday that he’s taking medical leave due to heart problems.

Sen. Mike Duffy makes his way to the Senate on Parliament Hill in Ottawa on May 28. Duffy, who is at the centre of an ongoing housing expenses scandal, says he is taking medical leave from the Senate. FRED CHARTRAND/THE CANADIAN PRESS

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TTC'S CUSTOMER PROMISES TRACKING WELL

ANDY BYFORD
CEO
TORONTO TRANSIT COMMISSION

The TTC met eight out of the nine Customer Charter targets that fell due in Quarter 3 of the year (July 7 to October 5).

Commitments kept this quarter included delivery of two more prototype low-floor streetcars and the first of 153 high-capacity articulated buses.

Construction started as promised on the modernization of Coxwell Station – the latest in our program to make all of our stations accessible by 2025.

I have previously said that we will get better at management of unplanned service disruptions. Our Charter commitment was to identify and train TTC office staff to go to our subway stations during lengthy disruptions, and I can report that an initial group of staff have been trained with more to follow over the coming months.

Other targets met included further progress on our cleaning and maintenance blitz, further Meet the Manager and Customer Town Hall sessions and posting of individual bus and streetcar route quarterly performance data on our website.

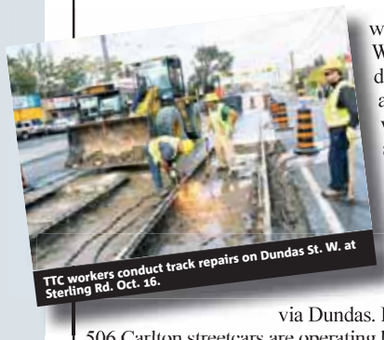
The only target we did not meet was that of Toronto Rocket delivery where we fell one train short of the planned five additions to our fleet. This was due to issues on the supplier's production line.

I hope that you feel we are making progress in our quest to provide better service. The Customer Charter is designed to engender a culture of continuous improvement and I intend for us to continue to keep our promises.

•A great big thank you to all of our customers for your patience and understanding through the Thanksgiving weekend closure of the "U" portion of the Yonge-University-Spadina line. The long weekend gave TTC crews much-needed additional time to continue to modernize our signal system.

TTC STREETCARS REPLACED BY BUSES FOR WORK ON SEVERAL WEST END ROUTES

The TTC is conducting track, overhead wire, and platform upgrades in the west end of the city, resulting in replacement buses operating on portions of the 501/301 Queen, 508 Lake Shore, 505 Dundas and 506/306 Carlton streetcar routes.



TTC workers conduct track repairs on Dundas St. W. at Sterling Rd. Oct. 16.

Track work and overhead wire work on Dundas Street West will require the 505 Dundas streetcars to turn back east at Dundas and Lansdowne, while the 506/306 Carlton streetcars turn back east at College and Lansdowne. Replacement buses for the 505 Dundas and 306 Carlton routes are operating between Lansdowne Avenue and Dundas West Station via Dundas. Replacement buses for the 506 Carlton streetcars are operating between Lansdowne Avenue and Keele Station via Howard Park and Parkside.

Platform upgrades on Lake Shore Boulevard West will require the 501/301 Queen and 508 Lake Shore streetcars to turn back east at Humber Loop. Replacement buses are operating on Lake Shore between Long Branch Loop and Humber Loop, diverting in both directions via Park Lawn and The Queensway.

Regular streetcar service on the 505 Dundas and the 506/306 Carlton routes will resume on Nov. 24, with service on the 501/301 Queen and the 508 Lake Shore routes resuming on Dec. 22.

We appreciate your patience as we work to improve transit in Toronto.

YOU ASKED US...

Dear TTC,

Since my earliest childhood I've ridden on streetcars and appreciated their smoothness, comfort, quietness and speed – even the old Peter Witt cars, although the PCC were much better. But I've wondered for years just how far above the roadway the trolley wires are.

Thank you,
Leslie Anne

Hi Leslie Anne,

The average height of streetcar overhead wires is 18 feet and six inches covering more than 300 km of streetcar tracks.

Thank you for your question!

• Do you have a question for the TTC? Send an email to AskTTC@metronews.ca

RECYCLE

Please keep the TTC litter-free. Recycle your reading materials in any station or platform receptacle.

THE KINDER WAY

Before boarding any vehicle, please allow others to exit first, and then move right in or to the rear. Thank you!

EMPLOYEE PROFILE

Name:	Position:	Years of Service:
Doug Fearon	Subway Operator	35

Doug is a Subway Operator and he's been serving TTC riders for 35 years – both in the subway and on the buses. "I've operated every type of train that has run in the subway," he says. That includes the classic red Gloucester trains to the newest sleek, smooth Toronto Rockets. Earlier this year, the TTC tapped Doug to take its oldest train (the last of the H-5 series) on its final scheduled run on the Yonge-University-Spadina line. It's been a great ride so far for Doug, who tips his hat to terrific customers and co-workers. But his greatest admiration goes to his wife of 35 years, Laura, for her support and sacrifice through all the late nights and odd shifts required to keep Toronto moving.

EVENTS

OCT. 20:

- **Scotiabank Waterfront Marathon.** 5 Avenue Rd, 6 Bay, 22A Coxwell, 64 Main, 65 Parliament, 75 Sherbourne, 83 Jones, 92 Woodbine South, 94 Wellesley, 300 Bloor-Danforth, 310 Bathurst, 320 Yonge, 501 Queen, 504 King, 505 Dundas, 506 Carlton, 509 Harbourfront and 511 Bathurst routes delayed from 5 a.m. to approximately 3 p.m., Sun., Oct. 20.

OCT. 20 & 23:

- **Toronto Marlies at Ricoh Coliseum.** 511 Bathurst replacement buses to Exhibition Place.

OCT. 21 & 23:

- **Toronto Raptors at Air Canada Centre.** Subway to Union Station.

OCT. 22:

- **Toronto Maple Leafs at Air Canada Centre.** Subway to Union Station.

OCT. 24:

- **Drake at Air Canada Centre.** Subway to Union Station.
- **Toronto Argos at Rogers Centre.** Subway to St Andrew Station, five-minute walk south.

For more information on these and other routes, please visit www.ttc.ca.

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Manage Stress Naturally

Improve Energy, Sleep Better, Reduce Cravings

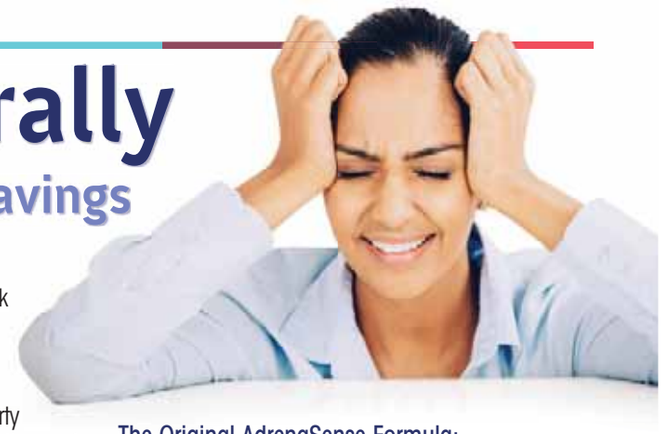
By Karen Jensen, ND

Our ability to adapt to stress depends upon optimal function of the adrenal glands. When excess or chronic stress overloads our adrenal glands - symptoms and disease can occur. Some of the common earlier symptoms of adrenal stress include: fatigue, insomnia, anxiety, depression, low back pain, asthma, allergies, blood sugar problems, hormonal imbalances, irritability, headaches, sugar cravings, gastrointestinal symptoms and inflammatory conditions.

The 'roots' of the original AdrenaSense Formula

Throughout my life I had good health and boundless energy and then suddenly in my early 30's I hit the wall with fatigue… I had three children under the age of 3, my marriage broke up, and I went back to work thinking I could 'do it all'. My body did not agree… nothing helped the crippling fatigue until I saw a naturopathic doctor who introduced me to my adrenal glands. Forty years later I still take adrenal support during times of added stress. When I started naturopathic practice in the 1980's it was my own experience with adrenal fatigue that allowed me to recognize it in my patients and over the years I saw the need for an effective adrenal supplement to help people with the stressors and demands of daily living.

There is much more awareness about adrenal fatigue today and also other adrenal fatigue formulas on the market. AdrenaSense® is the original solution I formulated for patients and others who have found it very effective.



The Original AdrenaSense Formula:

The herbs in the AdrenaSense formula are called adaptogens that have been proven to support stress reactions and normalize adrenal function. These include Rhodiola, Suma, Schizandra Berries, Siberian Ginseng and Ashwagandha, which in combination, enhance mental and physical performance; balance the nervous system, helping with anxiety and insomnia; support the immune, cardiovascular and hormonal systems; counteract fatigue, anxiety and depression; provide vital energy and act as a 'general tonic' to support the effects of stress and fatigue.

Did you know...

in addition to daily stress from work, school, a sick parent or child, finances, family commitments and more, there are less obvious stressors that can affect healthy adrenal gland function including:

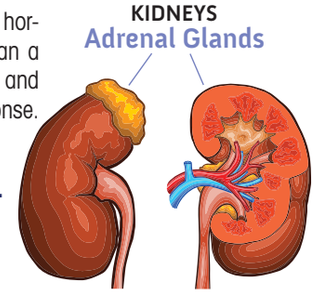
- Trauma: car accidents, surgery, root canal, death of a loved one
- Nutritional: caffeine, sugar, alcohol, processed/junk foods
- Electromagnetic: cell phones, computers, microwaves, TV
- Environmental: heavy metals, hormones, pesticides and other pollutants
- Both legal and illicit drugs

Proud supporter of the Canadian Women's Foundation

CANADIAN WOMEN'S FOUNDATION

The Adrenal Glands... Your Stress Control Centre

Many people have never heard of the adrenal glands, but they command the most powerful hormones which affect virtually every system in the body. The adrenal glands are no bigger than a walnut and sit on top of each kidney. One function of the adrenal glands is to release cortisol and other hormones in response to physical or mental stress, known as our "fight or flight" response. However, constant stress causes sustained cortisol output, which is linked to:



- Exhaustion
- Poor sleep
- Blood sugar problems
- Compromised immune function
- Bone loss
- Heart disease
- Memory loss and more...
- Fat accumulation (especially belly fat)

Help reduce stress related symptoms by enjoying a balanced diet that includes plenty of fresh, raw fruit and vegetables, whole grains and lean protein.

Stay away from caffeine. Practice relaxation techniques like deep breathing, yoga, meditation or just having a good laugh watching a comedy. Remember to exercise; in 2008 Canadians who were physically active in their leisure time reported lower levels of stress. And don't forget to include AdrenaSense in your daily supplement routine to provide support for overworked adrenal glands.

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Did you know...

- It is estimated that up to 90% of illnesses are ultimately stress-related
- Stress-related absence costs Canadian businesses $3.5 billion per year
- Women aged 35-54 report the highest levels of stress

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Winter 2013/2014

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Protesting students from Paris high schools hold a poster reading "A Parisian is equal to an Armenian" referring to Khatchik, a recently expelled Armenian boy, during a demonstration in Paris on Thursday, in anger over the expulsion of some immigrant families. FRANCOIS MORI/THE ASSOCIATED PRESS

Expulsions spark protest in Paris

France. Students tried to march to the Interior Ministry, but were blocked by riot police with shields and helmets

Several hundred French teenagers erected barricades outside their schools and marched through Paris on Thursday to protest the police expulsions of immigrant families — including some of their classmates.

Police sprayed tear gas at a few students throwing projectiles but most marched peacefully, some climbing on bus shelters to shout demands for the interior minister's resignation.

Anger erupted this week over the treatment of a 15-year-old Kosovar girl who was detained in front of classmates on a field trip. The government says her eight-member family had been denied asylum and was no longer allowed to stay in France.

Such expulsions occur regularly around France as the government tries to limit illegal immigration. But the treatment of the girl touched a nerve, with critics saying police went too far and betrayed France's image as a champion of human rights.

The students, saying the expulsions are unfair to children, hope to pressure France's Socialist-led government to allow the girl and a recently expelled Armenian boy to return to France.

The Kosovar girl, Leonarda Dibrani, told The Associated Press from the northern Kosovo city of Mitrovica that she wants to return to France. Activists say her family fled Kosovo about five years ago because they are Roma, or Gypsies, and faced discrimination and few opportunities.

"My home is in France," Dibrani said in French. "I don't speak the language here and I don't know anyone. I just want to go back to France and forget everything that happened."

The French government has launched an investigation into her detention.

THE ASSOCIATED PRESS

Israel. Hezbollah captures endangered eagle, claims espionage

Israeli eagles dangerously endangered by pesticides, electrical wires and poachers now apparently face a new threat: Lebanese Hezbollah guerrillas.

Hezbollah's Al-Manar website recently boasted of capturing an eagle that carried an Israel-labelled transmission device on its back and claimed the bird was an Israeli spy. It said hunters in central Lebanon shot down the bird and found devices on it as well as a copper ring on its leg that reads "Israel" in English followed by letters that refer to Tel Aviv University. The fate of the eagle remains unclear.

Israeli ornithologist Yossi Leshem said Thursday he was tracking the bird for research and was "incredibly frustrated" it was harmed. Leshem, a Tel Aviv university professor, has specialized in the Bonelli's Eagle for decades and said they are in great peril with just nine pairs of mating age remaining in Israel.

"The whole field of conservation is based on regional co-operation and not this nonsense," said Leshem.

THE ASSOCIATED PRESS

Ocean's seventeen

Spanish police arrest 17 suspects in jewelry heist

Spanish police have arrested 17 people for their role in stealing watches worth 23 million euros ($32 million), resolving one of the country's biggest jewelry heists, police say.

A police statement Thursday said the thieves used sophisticated laser equipment to break into a Madrid watch store in broad daylight in December 2012 and steal the 1,710 watches without setting off alarms.

THE ASSOCIATED PRESS

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SHOPPERS DRUG MART

Air pollution triggers cancer, WHO confirms

A tourist wearing a mask walks on a polluted day in Beijing. The International Agency for Research on Cancer confirmed Thursday that air pollution is a carcinogen. ALEXANDER F. YUAN/THE ASSOCIATED PRESS FILE

Health. Main sources of pollution include transportation, power plants, and industrial and agricultural emissions: Agency

What many commuters choking on smog have long suspected has finally been scientifically validated: Air pollution causes lung cancer.

The International Agency for Research on Cancer declared on Thursday that air pollution is a carcinogen, alongside known dangers such as asbestos, tobacco and ultraviolet radiation. The decision came after a consultation by an expert panel organized by IARC, the cancer agency of the World Health Organization, which is based in Lyon, France.

"The air most people breathe has become polluted with a complicated mixture of cancer-causing substances," said Kurt Straif, head of the IARC department that evaluates carcinogens. He said the agency considers pollution to be "the most important environmental carcinogen," ahead of second-hand cigarette and cigar smoke.

IARC had previously deemed some of the components in air pollution such as diesel fumes to be carcinogens, but this is the first time it has classified air pollution in its entirety as cancer causing.

Previously, pollution had been found to boost the chances of heart and respiratory diseases. THE ASSOCIATED PRESS

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Tourism. Vatican official fears pollution will limit access to Sistine Chapel

The head of the Vatican Museums warned Thursday he might be forced to limit the number of visitors to the Sistine Chapel if its new air-conditioning and air-purification systems don't significantly reduce "dangerous" pollution levels.

Antonio Paolucci told a conference that he was confident the new system, which is expected to be operational at the end of 2014, would curb the dust, humidity and carbon dioxide that are dulling and discolouring Michelangelo's frescoed masterpiece.

But he warned: "If this project doesn't work, I'll be forced to impose a limited number (of visitors)."

Some 5.5 million people are expected to visit the Vatican Museums this year. During high season some 20,000 people a day enter the intimate Sistine Chapel. The numbers mean a significant increase in the amount of humidity and dirt that are brought into the tiny space.

The aim of the air conditioning system is to stabilize pollution levels, with the maximum set at 800 particles per million. At its worst, the Sistine Chapel sees levels of pollution more than twice that. THE ASSOCIATED PRESS

Sex on a plane

He should have turned down this in-flight service

A man and a woman accused of engaging in oral sex on a June flight from Medford, Ore., to Las Vegas have pleaded guilty in U.S. federal court to misdemeanour disorderly conduct charges.

U.S. District Court Magistrate Judge George Foley in Las Vegas fined Christopher Martin and Jessica Stroble $250 US each.

An FBI affidavit says passengers saw Martin exposing himself and engaging in acts with Stroble despite warnings from flight attendants. THE ASSOCIATED PRESS

Bronwyn Dickson:

Pet project brings joy

ASTRID
VAN DEN BROEK
For Metro

Bronwyn Dickson's animal rescue work began when she was a teenager.

"Growing up, we had rabbits and dogs and a cat and, at one point, ducks," she said. "But when I was a teenager we moved to the country and these ducks had been abandoned by their mother, so I guess the rescue work started early."

Today, the Toronto-based psychotherapist continues working with animals and, in particular, rescuing them. She and her partner, John, are parents to three setters, all rescue dogs — Kate, Penny Lane and Hamish. In fact, when it came to offering up their home to foster Hamish back to health, they were determined they wouldn't adopt a third setter.

"In the rescue world we're 'foster failures' because we officially adopted him," Dickson said. "That was volunteer work that turned into a wonderful lifetime commitment."

In turn, Dickson has taken her rescue work and turned it on its ear, using one of her dogs to help those in a hospital. As part of the Therapeutic Paws of Canada program, Dickson and Kate visit the Toronto Western Hospital's cardiology unit regularly to see patients and offer the kind of love only a dog can.

"The impact of bringing a dog there is immediate," Dickson said. "Patients are so surprised and then they get talking about their pets back home or who they had when they were younger and it really provides comfort for them."

"Both Bronwyn and her beautiful dog Kate are warm, caring and dedicated volunteers," said Colomba Lamanna, Therapeutic Paws volunteer team leader for the downtown Toronto team. "Bronwyn is reliable and generous with her time, always willing to do more."

While it's clear what the patients get out of the visits, what exactly is in it for Dickson and Kate?

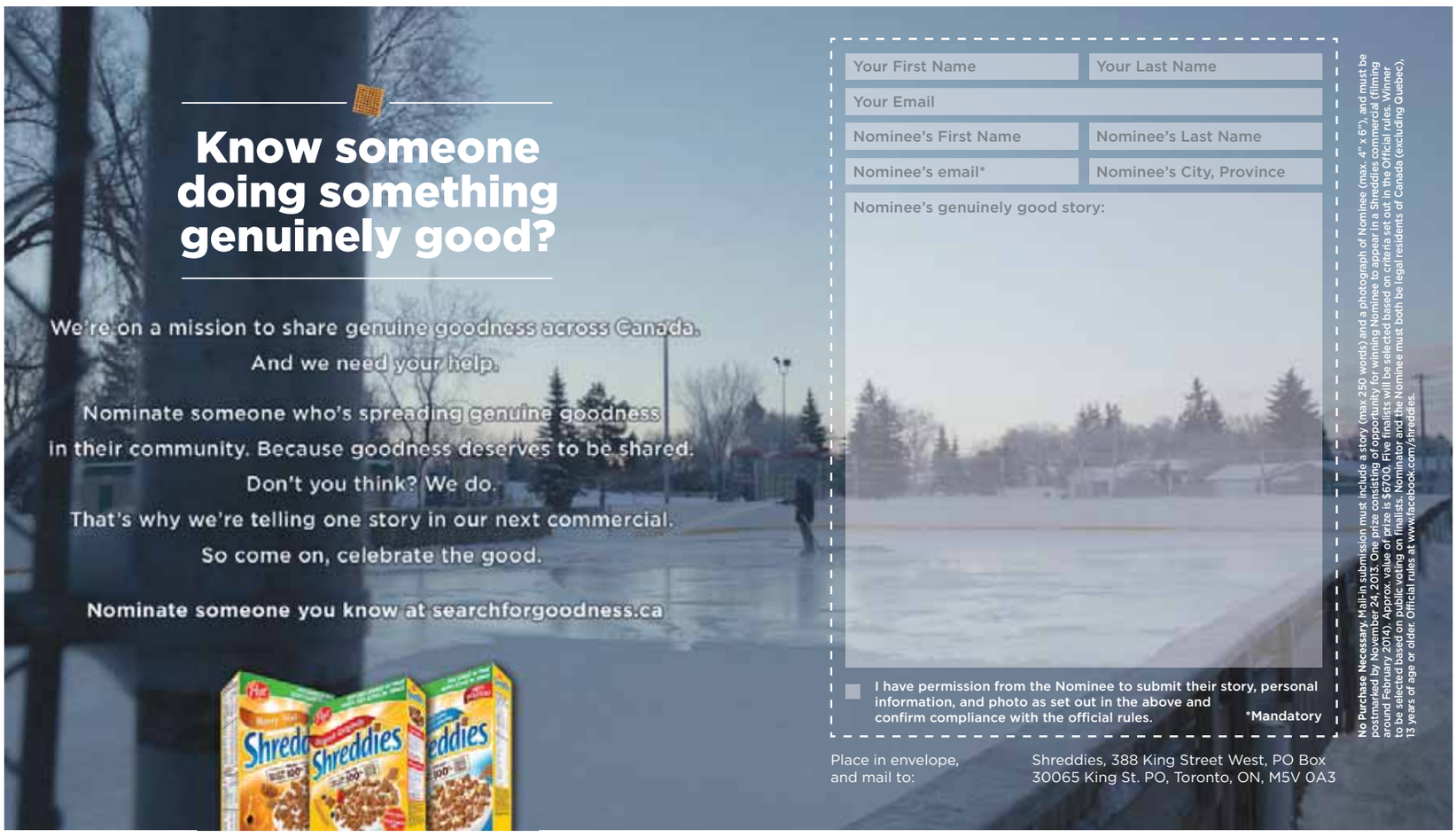
"It's nice to see Kate in that setting," Dickson said. "She's very intuitive and there are certain patients that she knows what they need. It's beautiful actually. The biggest thing I get out of this is joy — I really look forward to it."

Dickson also welcomes the chance to educate people about shelter dogs and break the stigma that these dogs have issues or problems.

"There are so many dogs needing homes and when people meet Kate and ask about her, we tell them about how we got her and that hopefully gets people thinking," Dickson said.

"That's part of the work that's nice as well."

Bronwyn Dickson and her rescue dog Kate are regular visitors to patients at Toronto Western Hospital. CONTRIBUTED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Oshawa, Ont.

GM to keep plant open longer due to increased demand

Increased demand for two popular models has prompted General Motors of Canada to keep one of its assembly lines in Oshawa, Ont., open two years longer than planned.

The automaker said Thursday that projected demand for the Chevrolet Impala Limited and Chevrolet Equinox means the consolidated line will remain active until 2016. It had originally been slated to close next summer. THE CANADIAN PRESS

Working out bugs

Windows 8.1 aims to please

Microsoft released its long-awaited Windows 8.1 upgrade as a free download Thursday. It addresses some of the gripes people have had with Windows 8, the dramatically different operating system that attempts to bridge the divide between tablets and PCs.

Windows 8.1 still features the dual worlds that Windows 8 created when it came out last October. It features a touch-enabled tile interface. There's also the old desktop mode where the keyboard and mouse still reign.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.15¢ (+0.38¢)

TSX 13,036.36 (+ 79.15)

OIL $100.67 US (-$1.62)

GOLD $1,323 US (+ $40.70)

Natural gas: $3.76 US (-0.02¢)
Dow Jones: 15,371.65 (-2.18)

Harper heads to Europe to ink free-trade deal

Say cheese. Prime Minister Stephen Harper departs for Europe with International Trade Minister Ed Fast Thursday to conclude a free trade deal with the EU that will, in part, double the cheese exports quota to Canada. ADRIAN WYLD/THE CANADIAN PRESS

Food bonds nations. Strengthened ties mean Canadians will get access to more EU cheese, while our Euro brethren can nosh on more Canuck beef and pork

Prime Minister Stephen Harper headed to Brussels on Thursday to conclude a free-trade deal with the European Union, as Canada seeks to diversify its trade away from the United States.

EU trade spokesman John Clancy said in an email that the European Union and Canada hope to conclude the free trade deal in the "coming days."

Harper posted on his official Twitter account that Canada will "soon" complete negotiations. His office said he will meet with the president of the European Commission, Jose Manuel Barroso.

Yves Leduc, director of international trade for the Dairy Farmers of Canada, said he's been told by a Canadian government official that an agreement in principle has been reached and that the European Union's 28 members and Canada's 10 provinces have to approve it.

Canada has agreed to permit a doubling of the EU quota on cheese exports to Canada in exchange for greater access for Canadian beef and pork producers. Leduc said Canada's cheese industry is angry because it threatens the fine cheese market in Canada.

THE ASSOCIATED PRESS

Crisis averted

One thorny issue surrounding the deal was overcome Thursday when Canada announced it would lift visa requirements for Czech nationals.

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ORR YOU COULD JUST BUY THE BOOK

THE METRO LIST

Neil Morton
metronews.ca

1 Bobby Orr. In his new memoir, Orr, My Story, (it should have been called 'My St-ORR-y') the Boston Bruins Hall-of-Famer from Parry Sound, Ont., takes us inside what it was like to learn the game on the open ice of Georgian Bay, and about how to make hockey "fun" again for kids. One Orr story you won't hear in the book but I've heard a million times: My father-in-law lived on the same street as Orr when he played with the Oshawa Generals.

2 Tina & Amy. In an awesome coup, NBC locked in Tina Fey and Amy Poehler to be Golden Globe hosts for 2014 and 2015. Their 2013 co-hosting landed superlative reviews — and 19.7 million total viewers, a six-year high for the awards show. If I were NBC, I would have locked them in for 10 more years. But perhaps audiences are a little too fickle for that.

3 A world-famous double double. A new survey of 70,000 consumers in 15 countries reveals that Disney is the world's most beloved brand, finishing ahead of others in the Top 10 like Yahoo, Google, Sony, Netflix, Whole Foods and Apple. Canada's iconic Tim Hortons finished No. 61 on the list, a sure sign it's becoming world famous. Someday, we'll be sipping double-doubles on Mars.

4 Sarah Richardson. Canada's superstar designer, whose latest TV show Real Potential launched last month on HGTV Canada, finally joined Twitter, tweeting on Thanksgiving: "It's official. I've joined the twitterverse!" You can follow her @SarahR_Design. If you want really good decor advice, tweet her. If you want really bad decor advice, tweet me.

5 Movember. It's that time of year again to get creative and grow a mo for Movember, which raises so much money and awareness to combat prostate and testicular cancer and mental health challenges. Think about registering yourself as an individual or as part of a team at movember.com. I grew a mo for the first time last year, and will be working on a new one for this year!

6 Facebook friend for iPhone. I love the creativity in many Kijiji listings, and one of my faves was this recent Peterborough, Ont., listing: "Wanted: Who has an iPhone they want to give me as a gift?" In return, the person offered to make a hat — yes, make a hat — and become a friend on Facebook. If they throw in a Twitter follow too, I'd consider.

7 BlackBerry. The troubled smartphone maker released an open letter: You Can Continue To Count On BlackBerry ad campaign to its customers this week appealing for them to stick with the company through this tumultuous time of restructuring. Now I plan on sticking with them for now, right up until the last BBM contact I have is myself.

8 Twitter DM. Twitter has began pushing out a feature update that lets you (if you check off the box) receive direct messages from any of your followers, regardless of whether you follow them or not. This private functionality is another step in Twitter becoming your new email inbox. Yes, more and more people, particularly tweens and teens, don't use traditional email.

9 Fifty Shades of Grey Vancouver. No I'm not talking about the weather. If you see more people reading Fifty Shades of Grey all of a sudden in Vancouver, maybe it's because the movie adaptation begins filming there early next month — Nov. 5 to be exact. If you spot any actors, Instagram them under the caption Before They Were Famous.

10 Drinkify. A neat website called drinkify.org tells you exactly what you should drink while listening to a specific artist. Should you be rocking out to, say, Kings of Leon at your next dinner party, type that band in on the site and Drinkify recommends "6 oz. Kirsch. Serve on rocks. Stir vigorously." If you're listening to John Tesh, well then ... sorry, I'm not typing that in for you.

11 Piers Morgan. The outspoken host of the CNN show Piers Morgan Live has a new book out where he takes us behind the scenes of the drama of anchoring a nightly news show. If he thinks that's stressful, imagine being me doing weekly segments on local radio.

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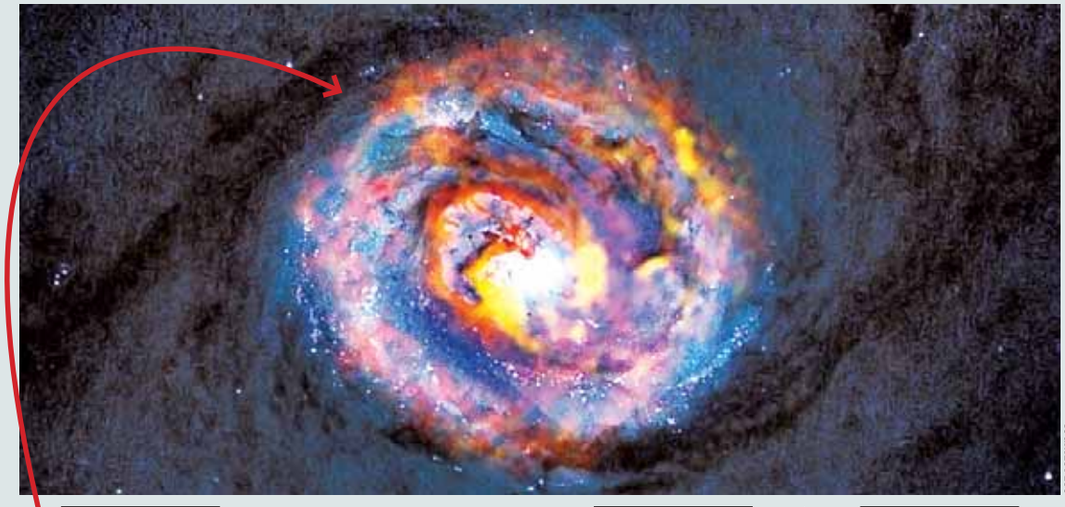
ZOOM

Black hole's hunger spirals

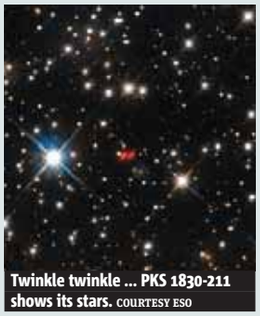


COURTESY ESO

What does it matter? It devours everything

Black holes are capable of mass consumption as this incredible image captured by a high-powered telescope proves.

The images were taken by the European Southern Observatory using the Atacama Large Millimeter/submillimeter Array — the world's largest ground-based telescope. METRO



Twinkle twinkle ... PKS 1830-211 shows its stars. COURTESY ESO

Swallowed up in the Milky Way?

The PKS 1830-211(pictured left) is referred to as an "active" black hole in a very distant galaxy (NGC 1433). In fact, there are super-massive black holes at the hearts of almost all galaxies in the universe, including our own galaxy, the Milky Way. These objects are capable of swallowing vast quantities of matter. METRO

Leaving a gassy trail behind

"ALMA has revealed a surprising spiral structure in the molecular gas close to the centre of NGC 1433," says Françoise Combes (Observatoire de Paris). "This explains how the material fuels the black hole. The jet of material flowing away from the black hole, extending for 150 light-years, is the smallest outflow in an external galaxy." METRO

Clickbait

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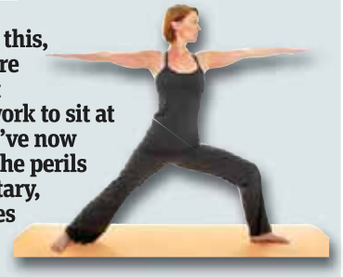

If you're reading this, chances are you're sitting on transit on your way to work to sit at a desk. While we've now been warned of the perils of staying sedentary, there's sometimes not much we can do about it — or wasn't much we could do about it. These apps let you keep your practice on your smartphone. Or desk. Or bus. Namaste.

Pocket Yoga:
Available for iPhone and Android, Pocket Yoga lets you create your own flow with customized music, photos and instructor's voice. ($2.99)

Yoga Studio:
Take your practice on the go. Yoga Studio offers videos and more than 250 poses, from beginner to advanced, for $2.99. iPhone only.

Twitter

@metropicks asked: A couple near Saskatoon invited artists to live with them rent-free. What type of profession would you invite? Journalists?

@Canucklehead_ca: Maid, reflexologist, chef (both pasty and sous,) nanny, masseuse, handyman, bartender, another nanny, & cat whisperer.

@WTarcisio: Journalists are ever welcome in my house. Could live peacefully without paying and still I would become news.

@H_Dhillon: I wouldn't mind having a professional chef at home.

@serpentina66: Musician

@jemilyclark: Hands down, gotta go with Molly Maid. #scrubthetub

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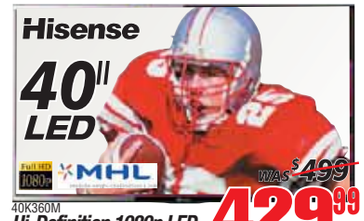

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YOUR HEALTH

President's own story: 15 years ago I started to have arthritis, prostate, kidney, snoring and sleep apnea problems, which were all helped quickly with natural health products. I made it my life's purpose to help others. ***Nick A. Jerch***

High Blood Pressure?

NPN 80040870. To maintain cardiovascular health in adults.

High blood pressure is called the silent killer. If your BP is higher than normal, try to get it down to about 120/80. For many people it is easy to control. If it does not work for you we refund your money. On our website you will find over 50 testimonials with full names and towns from all over USA and Canada. Most of them have listed phone numbers and are happy to talk about the relief they had. No money was paid for testimonials. **Dr. C. Hammoud M.H., Ph.D.** recommends this effective fish peptide blood pressure natural product. So does Dr. Julian Whitaker M.D.

#26

Truthful actual experiences from real people: ■ **I was on 3 blood pressure drugs** that did not work well. After starting Bell #26 my readings are generally well below 120/80. *Dona A. Anderson, 76, Sooke, BC* ■ **My blood pressure was 157/90** and I had side effects from prescription drugs. I bought a monitor. After 6 months on Bell #26 I was down to 120/80. *Toni L. McCuistion, 52, Elizabethtown, PA* ■ **At work my driver's medical** test was too high at 170/100. After taking Bell #26 for a few days I went down to 128/84 which allowed me to pass my work medical. *Kris Geier, 48, Windsor, ON.*

Prevent COLDS & FLUS

NPN 80036946. To helps immune function.

#51

The only cold medicine with a money-back guarantee. Four **medical doctors** that wrote in their book SHARK LIVER OIL that you can prevent colds and flus. Dr. Hubert wrote since his own high-school age children took shark liver oil they have no more colds. Dr. Haimes's grandchildren have been taking shark liver oil for 6 months and he writes they have no more infection of any kind. Read on the Bell website: "I had 3-4 flus every winter. None last 5 years." "Amazing! All of us have no more colds." "No more asthma, no puffer, no cold, no flus, changed my life". In North America this is a by-product from the restaurant industry. No sharks are caught for their liver or their cartilage. ■ **No more colds, also my eczema disappeared!** Last 2 years I would get colds often due to stress as I am an athlete and body builder. After starting Bell Shark Liver Oil #51 I had no more colds or even a sign of a cold. Dennis Tudos, 23, Kent, WA

CURCUMIN

NPN 80030470. Herbal medicine to aid digestion. Helps with back pain, inflammation, stomach troubles, strengthens heart muscle and circulation, reduces nervousness and insomnia.

#67

With Cayenne pepper Dr. D. Servan-Schreiber M.D. writes in his book "ANTICANCER" pepper multiplies the body's absorption of curcumin by two thousand times.

Actual Results. ■ **Lower back pain relief.** Took 2 capsules and 1 at night. Next morning my back pain was completely gone. Heating pad and drugs did not help. Valerie Peoples, 53, Jonesboro, GA ■ **Parking ticket officer** had stress relief, no more angina chest pain, increased blood circulation in cold whether, has now also warm hands and feet. Joel Phelps, 47, Windsor, ON ■ **For 30 years had inflammation** in my foot from ball games. A good Turmeric was recommended (Curcumin is an extract). After 1 day had 90% pain relief. I was amazed how quickly it took effect. As a bonus had other health benefits including insomnia relief. Dan DeZorzi, 42, Maidstone, ON

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NPN 80044199. Alternative for skin conditions such as Eczema, Psoriasis.

#60

Actual Results. ■ **After 1 week** my severe acne became quite mild and after 2 weeks it had completely vanished. I suffered for 5 stressful years of having acne and extremely dry, irritated skin. Bell #60 **"saved my life"**. My skin is now beautiful and you would never know I suffered from acne and other skin problems for years. *Zach Lustgarten, 18, Oshawa, ON* ■ **Spent 30 minutes every day** popping and picking my face. Since puberty I had acne and irritating itching. After starting Bell #60 my acne cleared up, itching stopped, no more breakouts. Make-up looks nice on my face again. Thanks for an amazing natural product that really works. *Adwoa Mainoo, 38, Etobicoke, ON*

RED NOSE/CHEEKS ROSACEA gone in less than a week. Was fighting it for 30 years with topical creams and prescriptions without getting satisfaction. I live a healthy life, don't smoke and don't drink. People thought a reddish face comes from drinking. This is a myth. Will take it for the rest of my life when needed. *Donald E. Gillespie, 56, Innisfil, ON* ■ **My husbands suffered for 28 years** with Rosacea. It has been a nightmare for him physically and emotionally. It was frustrating seeing so many doctors and specialists and spending lots of money without success. Bell #60 worked within a short time. Itching stopped quickly. We've finally found our savior product. *Lynn Litman, 54, Coeur d'Arlene, ID*

PSORIASIS ■ **I had severe psoriasis** over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell #60, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. *Jessica Shantz, 25, Dawson Creek, BC* ■ **My husband had psoriasis so bad** he scratched until it was bleeding. We went for 5 years to doctors and dermatologists who prescribed special soaps and expensive creams that were of no help. Bell #60 brought complete relief before the bottle was finished. Thanks so much for all the Bell products. We use many of them now. *Ruthann Bennett, 64, Pittsburgh, PA*

ECZEMA For 6 years my family doctor and dermatologist tried many medications and creams. After taking Bell #60 for just a few days my eczema itching stopped and my face started to clear up. After suffering so long I am amazed with the results. *Andy Yuen, 58, Vancouver, BC* ■ **I am a minister** and had eczema on my right hand for some 30 years. This has been an embarrassing problem as I do a lot of handshaking. Expensive prescriptions did very little. My granddaughter finally helped by recommending Bell #60 and it worked within days. I take it now when needed. I hope others will be helped just as well. *Rev. Larry K. Raynes, 70, Taylors, SC*

Guaranteed better than all others they used say dozens of delighted users with full names and towns on the Bell website. Works by cleansing blood inside rather than attacking skin from the outside and leaving the actual cause untreated. Here are a few examples:

#76

Kidney Function

NPN 80035543. A diuretic for urinary tract infection.

People Wrote us: My Kidney functions increased from 46% to 63% after drinking #76 Bell Kidney Cleanse & Function Tea for 3 months. Sayed Shah, 70, Richmond, BC ■ **As a diabetic my kidney function was decreasing** by 40% and I was warned I was heading for dialysis. After 2 months my new test came back with a 76% kidney function increase. Thank you for a product that actually works. Hyacinth Twin, 73, Miami, FL ■ **For the last 4 years** my doctor told me that my kidneys did not function properly. After using the Bell Kidney Tea for 9 weeks my GFR Filtration Rate went from 29 to 43. I couldn't be more delighted. I intend to drink the tea until I reach my goal of a GFR of 60. This product really works. Aaron H. Goldman, 86, Bronx, NY ■ **The Mount Sinai School** of Medicine Newsletter May 2010 states that normal kidney function cannot be restored with medicine. The main goal of treatment is to slow the progression of the disease by eating more fresh fruit and vegetables. This is the advice 40 million Americans with abnormal kidney function get (in Canada about 4 million could benefit greatly from this kidney tea). ■ **The president of Bell Lifestyle** is using the tea himself with a kidney function increase from 45% to 61% in 2 months and guarantees that the tea works or he refunds your money.

BREATHING, COUGH, MUCUS

Decongestant Tea

#43 NPN80044439

To help symptoms associated with upper respiratory conditions such as congestion and cough. Source of antioxidants. Actual true experience by people as follows:

■ **Surprising quick relief** as my sinuses and lungs felt so much better after drinking the tea. I could feel the mucus release and go down. I will not be without this tea. Betty Brown, 50, Colorado Springs, CO ■ **A miracle tea.** I struggled going to doctors, taking steroids and antibiotics that did not help. I suffered with ear discomfort until I realized the congestion was caused by mucus build-up. The decongestant tea cleared it up quickly. Delana Maldonado, 40, Longview, TX

Bronchitis Tea

To help relive the symptoms of bronchitis and catarrhs of the upper respiratory tract. True experience by men and women as follows:

#44 NPN80043656

■ **Can now sing first soprano after healing with bronchitis tea.** Before I had problems even singing second soprano. It caused old phlegm and mucus to break up I suffered all my life with. Great relief! Rae L. Borders, 55, Papic Hts., OH ■ **Coughing all night and lost my voice Completely.** No medicine worked. Could only text. Tea #44 brought great relief in no time. Sleep all night. Elizabeth Florvil, 40, Miami Gardens, FL

Breathing Relief Tea

For respiratory conditions such as congestion and cough. Actual true comments from people:

■ **Sinuses started to clear up after drinking the Tea #45.** Had this breathing problem for years and sleep now without taking drugs. Lavell Short, 36, Evergreen Park, IL ■ **Stopped smoking after 47 years.** My lungs would feel congested and after drinking the Tea #45 next day they felt clear. Donna Boyling, 47, Toronto, ON

#45 NPN80044526

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Synopsis

The newest adaptation of Stephen King's 1974 novel stars Chloë Grace Moretz as high school outcast Carrie White, a lonely girl teased by classmates and abused by her deeply religious mother (Julianne Moore). Despite the best efforts of gym teacher Miss Desjardin (Judy Greer) to help Carrie fit in, a clique of mean girls led by Chris (Portia Doubleday) make it their mission to ensure that Carrie has a rough time at school. After being humiliated at her senior prom — pig's blood will really ruin a taffeta dress, apparently — she unleashes a terrible telekinetic vengeance on those who wronged her.

- Richard: ●●○○○
- Mark: ●●○○○

Chloë Grace Moretz does an admirable job as Carrie, but no one can hold a candle to Sissy Spacek's iconic portrayal of the telekenetic teen. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Wary of another Carrie

Weak remake. There's really no reason to toy with a classic — even if the cast includes Chloë Grace Moretz and Julianne Moore

Richard: Mark, people have been asking me about this movie for months. But they haven't been asking, "Is it good?" They've been asking me why anyone would remake the 1976 classic. After seeing it, I'm not sure. The new version is a perfectly serviceable adaptation of Stephen King's famous book but it doesn't have the vulnerability or frailty that made Sissy Spacek so memorable in the title role. First off, what did you think of Chloë Grace Moretz?

Mark: Richard, she's the strongest thing in the movie. Although no one can compare to Sissy Spacek, she did an admirable job. The question isn't whether this is a good film; it's whether this is a necessary film. When I heard Kimberly Pierce would be directing this remake, I hoped she would bring some kind of post-feminist twist to it. But no, she didn't direct the remake; she just coloured within the lines.

RC: Agreed, but there are some good moments within those lines. There is a sweetness to Carrie, particularly in the prom scenes (pre-pig's blood) that makes the anticipation of what is to come all the more tense. I liked Julianne Moore's head thumping self-punishment scenes. It works in those moments, but there's too much CGI — the floating books are silly — and since when can Carrie fly?

MB: She can now! It's just another example how everything in the movie is less subtle than in the Brian De Palma version. The themes of religious and sexual repression — so shocking in 1976 — seem overcooked now. But let's pretend we know nothing of the original. Does the movie work? Sure, to an extent. The performances are good, the last third is exciting and full of blood and revenge, but it still feels a bit superficial and detached. None of my fingernails were harmed in the viewing of this production.

RC: Mine either, although a mother and daughter knife battle made me shift to the front of my seat mostly because it felt more organic and less computer generated than some of the other displays of Carrie's mad telekinetic skills. It felt dangerous in a way that the rest of the violence didn't.

MB: And Julianne Moore does crazy very well, doesn't she? Still, the script gave her some passages so clunky that even real-life maniac mamas would have demanded another draft.

Action

Escape Plan

Director. Mikael Hafstrom

Stars. Sylvester Stallone, Arnold Schwarzenegger

Feeling like an unearthed relic from the VHS era, the endearingly junky Escape Plan's selling point is a long-awaited pairing of two movie icons: We finally get to see Amy Ryan and Curtis "50 Cent" Jackson sharing scenes together. Oh, and it's also got Sylvester and Arnold. Cheerfully preposterous and proudly low-rent, director Mikael Hafstrom's meat-and-potatoes throwback coasts on the chemistry of its co-stars. Escape Plan plays like comfort food for men of a certain age and temperament.

SEAN BURNS

Drama/Biography

The Fifth Estate

Director. Bill Condon

Stars. Benedict Cumberbatch

The Fifth Estate details the breathless years leading up to WikiLeaks's biggest leak — the release of the "Collateral Murder video" which showed Iraqi journalists killed by an AH-64 Apache helicopter. Wiki honcho Julian Assange (Benedict Cumberbatch) is one of the more controversial figures of recent history. Is he a journalist? A hacker with an anti-establishment ideology? Or a war criminal with blood on his hands? The movie presents all possibilities, but can't seem to decide on one point of view.

RICHARD CROUSE

Drama

A Touch of Sin

Director. Jia Zhangke

Stars. Zhao Tao, Jiang Wu

A Touch of Sin opens with a bang and just keeps pounding away from there. Jia Zhangke's majestic multi-narrative melodrama is an example of cinema as blunt force trauma. Trading in his trademark subtlety for some serious severity, Jia lays bare China's social and economic frustrations — the genius of this film is that it finds space for catharsis and exhilaration amidst the alienation. At once grimly realistic and superbly stylized, A Touch of Sin is a truly contemporary epic — and a genuinely great film.

ADAM NAYMAN

Drama/Biography

12 Years a Slave

Director. Steve McQueen

Stars. Chiwetel Ejiofor, Michael Fassbender

Based on the memoir of Solomon Northup, a Saratoga Springs, New York free-born musician and family man shanghaied into slavery, 12 Years a Slave is ripe with powerful performances. It's not easy viewing but it is effective, brought alive by interesting work from Paul Giamatti, Lupita Nyong'o, Brad Pitt, Benedict Cumberbatch and Michael Fassbender. The core of the movie, however, is Ejiofor's vulnerable and defiant take on a man forced into unimaginable circumstances.

RICHARD CROUSE

Comedy

Thanks for Sharing

Director. Stuart Blumberg

Stars. Mark Ruffalo, Gwyneth Paltrow

Making a playful comedy about sex addiction may not be a cinematic cakewalk, but with Thanks for Sharing, filmmaker Stuart Blumberg plays the multi-character dramedy a touch too light. Starring Mark Ruffalo, Gwyneth Paltrow and pop singer Pink (looking at home on the screen), the predictable premise revolves around addicts focused on forging ahead with new romances. While the story prematurely fizzles out of familiarity, the instinctive talents of the performances are sweepingly seductive. **STEVE GOW**

Comedy

Cottage Country

Director. Peter Wellington

Stars. Malin Akerman, Tyler Labine

Cammie is type-A, even in the most relaxed settings. So when she discovers a ring in her schlubby, yet malleable boyfriend Todd's things, their weekend in cottage country takes on new importance. Her dream of a perfect proposal is ruined when Todd's deadbeat brother shows up unannounced. Frustration quickly turns to violence as the couple is slowly buried in a web of lies. Intended to be a clever skewering of materialistic pursuits, director Peter Wellington can't get the tone right.

IAN GORMELY

YOU
WILL
KNOW
HER
NAME
CHLOË GRACE MORETZ
JULIANNE MOORE
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How to film a Disney-fied meltdown

Escape From Tomorrow. First-time filmmaker went undercover in the most magical place on earth

MATT PRIGGE
Metro World News in New York

Escape From Tomorrow, which opens next Friday, was filmed on the sly inside Disney World and Disneyland. CONTRIBUTED

This year's Sundance Film Festival was graced with a genuine shock entry: Escape From Tomorrow, by first-time filmmaker Randy Moore. Its hook: It was filmed on the sly inside both Disney World and Disneyland. Depicting a father's increasingly loopy meltdown while on family vacation, its creation is only slightly less amazing than the fact that Disney hasn't sued it out of existence. Instead, it comes to a theatre near you. Here, Metro talks to Moore about his wild flick.

Despite its origins, it doesn't look guerilla. It's very clean.
I did not want it to look like a found footage film, especially someone's home video that was discovered or something like that. I wanted it to have a cinematic quality, which is one of the reasons why we chose to shoot it in black and white.

Did you do a lot of tests before shooting?
Tons. Originally I was going to go in with some friends of mine who weren't professional actors. Then I would go there while I was working on the script. I would take one or both of my kids with me. I thought it was too creepy to go by myself, even though there are a lot of people who do that, which is … weird.

You shot with the high-resolution Canon 5D Mark II, which looks like a classic, regular camera for photos. Was that helpful in making sure you weren't busted?
I imagine it was. Although while we were shooting we saw a bunch of college freshmen running in with a Sony EX3 on tripod legs. That's almost as big as a studio camera. And no one stopped them at all.

Disney seems to be shockingly lax about people shooting in the park. They even allow tourists to upload videos of rides to YouTube. Have you had any contact with them, that you can talk about?
I can talk about everything because I've had no experience whatsoever with them. They have not contacted me or anyone else with the production.

Did you talk to lawyers to make sure it was all legal?
I didn't while I was making the film, because I knew if I did I would instantly start second guessing story points or shots or things in general. I wanted to have a pure cut of the film the way I wanted it before I started to think about legal matters. Once we got a distributor that's when we started vetting the film to lawyers.

Is that why the name Disney is bleeped out in the dialogue?
Actually that's in the Sundance version. And that was just more kind of a dark joke. We emphasized a few things more to make it obvious that we were parodying these corporations.

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THE EXTRAORDINARY TRUE STORY OF SOLOMON NORTHUP

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The man behind the Jason mask

Kane Hodder. After a burn accident early in life, actor and stuntman tries to help other burn victims

SCOTT KEARNAN
Metro World News in Boston

Kane Hodder says his accident didn't throw him off stunts. CONTRIBUTED

Attention, Friday the 13th film fans: Jason Voorhees has a heart. (And we don't mean the one impaled on his machete.) As the famous horror franchise's hockey-masked killer and uber-'80s icon, stuntman and actor Kane Hodder has claimed a lot of nubile, teenage victims. But off-camera, the scary movie star is more interested in helping survivors.

Early in his stunt career, Hodder received nearly fatal burns over 50 per cent of his body. So today he raises funds for burn survivors through the "I Helped Kane" program of Scares That Care (scaresthatcare.org), a nonprofit that mobilizes the horror flick community. And whenever the movie convention regular visits a major city, he visits hospital burn units to offer support and understanding to survivors, including the inevitably encountered super-fan of his frightening alter ego.

We grabbed a few minutes with the Crystal Lake killer to talk about the films, fire stunts and why his sons are chips off the Friday chopping block.

Why do you make a point of visiting hospitals when you're touring?
I was seriously burned 35 years ago. It's an injury where, unless you've been through it, you really have no idea what it's like. Sometimes you get so down and negative in the burn unit; talking to someone who has been there can really help. I was visited myself by a stuntman, Chuck Couch; he didn't know who I was. I had been in the business for barely six months. But it meant a lot. If I can ever help someone like that, I want to. I was in the hospital for over five months, and for the first four I wasn't in a burn unit. It's critical to be in a quality burn unit — and Mass General (Massachusetts General Hospital) has one of the best in the United States.

How did that delay impact your recovery?
Things got progressively worse, not better. I was in so much pain, I got a staph infection throughout the burn area, and the doctor told my family I might die. He was egotistical, and thought he could handle my situation. Many years later, after I realized he f— me over and made me suffer because he was inept, I went to his office. I honestly wasn't sure what I was going to do when I got face to face with him. I probably could have beaten him to death; I had so much hatred for this guy. But he looked me in the eye and admitted that (he) had been wrong. It caught me off guard. It defused my anger. I walked out. Though I sometimes think that (anger) might be why I'm able to be so convincing with extreme violence on film. I think maybe I draw from my own past.

Did the experience put you off of stunts? Does anything scare you?
It never dissuaded me. Maybe it was my ego, not wanting to be defeated by a certain type, but I ended up specializing in fire stunts. There's really nothing in life that scares me! Maybe because I've been through the worst hell I could ever imagine. But I've never been afraid of anything, not typical phobias anyway. I avoid doing horse stunts. Not because I'm afraid, I'm just not that good on a horse (laughs).

Jason may haunt your dreams, but Kane Hodder is actually a pretty nice guy. GETTY IMAGES

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Hollywood news

Ben Foster gets his bike on in Armstrong flick

American actor Ben Foster is cycling into the lead as Lance Armstrong in a new movie about the disgraced American cyclist.

Director Stephen Frears said filming started Wednesday on the untitled project, and Foster is already proving to be a champion in the saddle.

Frears claims Foster is a "really, really good actor and now he's a very good cyclist. The cyclists were pleased with him."

The movie follows the rise of Armstrong, his cancer battle, retirement and exposure by journalist David Walsh.

Irish star Chris O'Dowd plays Walsh, with Guillaume Canet and Jesse Plemons in supporting roles.

Frears says Armstrong is endlessly complex and there could be many more films made about him. He spoke at Wednesday's London Film Festival gala for his latest movie, Philomena, staring Judi Dench.

THE ASSOCIATED PRESS

Ben Foster is playing Lance Armstrong in a new movie about the cyclist. GETTY IMAGES

Enemies no more. Now that Arnie is his pal, Sly no longer walks Stallone

These two action stars should've bonded over muscles and mayhem in the '80s, but they were fierce rivals instead. GETTY IMAGES

How sad. Two of the biggest musclemen of the '80s apparently never got to bond at the time over how much iron they could pump, because they loathed each other.

Sylvester Stallone revealed at the premiere of his new movie Escape Plan that he and his costar Arnold Schwarzenegger "really disliked each other intensely for 20 years," according to Page Six.

What drove a wedge between two men who had so much in common (thick necks, incomprehensible accents)?

Sly implies it was professional rivalry — which may have been good for both of their careers.

"It goes to show you, a good enemy is hard to find. Eventually you sort of appreciate [them]. Maybe the reason we were so competitive was it made us get to where we are?"

Maybe! In any case, the two are apparently buds now, in a way that sounds indistinguishable from hatred. Stallone says he "pranked" his costar by reporting him to NASA as a security threat so he'd get strip searched.

Aww! Friendship, or something.

MELINDA TAUB/METRO WORLD NEWS

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THESE PAGES COVER MOVIE START TIMES FROM FRI., OCT. 18 TO THURS., OCT. 24 TIMES ARE SUBJECT TO CHANGE.

Bloor Hot Docs Cinema
506 Bloor St.

Blackfish (PG) Sun 9:15 Wed 6:15
Design Is One: Lella & Massimo Vignelli (STC) Fri 4:15 Sat 2:30-6:30 Sun 4:30 Thu 1:30
Dirty Wars (14A) Fri 8:45 Sun 12
Fanie Fourie's Lobola (STC) Tue 6:30
Good Ol' Freda (G) Tue 9
Lost Years: A People's Struggle for Justice (STC) Thu 6:30
Music on Film: Wagner and Me (STC) Mon 6:30
One Track Heart: The Story of Krishna Das (STC) Fri 6:30 Sat 12:30-4:30-8:45 Sun 2:15-7:15 Mon 9:30 Wed 4:15-8:30 Thu 9:15

Carlton, 20 Carlton St.

15 Reasons to Live (14A) Fri 1:45-4:05 Mon 1:45-4:05 Tue 1:45-4:05-7:15-9:20 Wed-Thu 1:45-4:05
Blue Jasmine (14A) Fri-Thu 1:50-7
Carrie (14A) Fri-Thu 1:55-4:10-7:05-9:15
Cottage Country (14A) Fri-Thu 1:30-4-6:45-9:10
Don Jon (18A) Fri-Thu 1:35-4:20-7:15-9:20
Escape Plan (14A) Fri-Thu 1:45-4:15-6:50-9:25
In a World... (14A) Sun-Thu 4:25-9:25
Jackass Presents: Bad Grandpa (STC) Thu 9:30
Le Joli Mai (G) Fri-Thu 1:20-4:30-7:30
Lee Daniels' The Butler (14A) Fri 1:25 Sun-Wed 1:25-6:40 Thu 1:25
Machete Kills (14A) Fri-Thu 1:40-4-6:55-9:30
Violet & Daisy (STC) Fri-Thu 4:05-9:15

Scotiabank Theatre
259 Richmond St.

The Banshee Chapter (STC) Thu 9:30
The Battery (STC) Sat 9:30
Big Ass Spider! (STC) Fri 7
The Counselor (14A) Thu 10
Don Jon (18A) Fri-Sat 1-3:45-6-8:25-10:50 Sun 12:30-2:50-5:05-7:30-9:45 Mon-Thu 2:50-5:05-7:30-9:45
Eega (PG) Fri 9:30
Elysium (14A) Fri-Sat 12:50-3:40-6:30-9:05 Sun-Wed 1:15-4-6:30-9:15 Thu 1:15-4-10:45
Escape Plan (14A) Fri-Sat 1:30-2:20-4:10-5-6:50-7:50-9:40-10:40 Sun-Wed 1:30-2:40-4:35-5:20-7:25-8-10:10-10:45 Thu 1-2:40-3:45-5:20-7:25-8-10:10-10:45
Evil Feed (STC) Wed 9:30
The Family (14A) Fri-Sat 12:40-3:15-6:10-8:50 Sun-Wed 1:40-4:20-7:15-10:15 Thu 1:40-4:20-10:15
The Fifth Estate (14A) Fri-Sat 1:20-4:25-7:20-10:20 Sun-Thu 12:55-3:50-6:45-9:55
Found (STC) Wed 7
Gravity 3D (PG) Fri-Sat 2:30-3-4:40-5:10-7-7:40-9:30-10 Sun-Wed 2-2:30-4:15-4:45-6:35-7:10-9-9:30 Thu 2-2:30-4:15-4:45-6:35-7:10-8:10-9:30 Fri-Sat 1:40-4-6:20-8:40-11 Sun 12:40-3-5:15-7:40-10 Mon-Thu 3-5:15-7:40-10
Gravity: An IMAX 3D Experience (PG) Fri-Wed 1:10-3:30-5:50-8:10-10:30 Thu 1:10-3:30-10:30
The Last Days on Mars (STC) Tue 7
Machete Kills (14A) Fri-Sat 2:10-4:50-7:30-10:10 Sun-Thu 2:10-4:50-7:45-10:40
The Machine (STC) Tue 9:30
Motivational Growth (STC) Sun 9:30
Odd Thomas (STC) Mon 7
Prisoners (14A) Fri-Sat 12:30-3:55-7:15-10:45 Sun 12:25-3:40-7-10:20 Mon-Thu 3:40-7-10:20
Rush (14A) Fri-Sat 12:45-4:15-7:05-9:55 Sun-Thu 1-3:55-6:50-9:40
Septic Man (STC) Sun 7
Shorts After Dark (STC) Sat 4:15
Silent Retreat (STC) Sun 4:15
Solo (STC) Mon 9:30
Stalled (STC) Sat 7
Willow Creek (STC) Thu 7

Market Square
80 Front St.

Captain Phillips (14A) Fri 12:35-3:35-6:45-9:35 Sat 12:35-3:35-6:45-9:35-11:10 Sun-Mon 3:35-9:35 Tue 12:35-3:35-6:45-9:35-11:10 Wed 3:35-9:35 Thu 3:35-6:45-9:35 Sun-Mon 12:35-6:45 Wed 12:35-6:45
Carrie (14A) Fri 12:55-3:10-5:15-7:20-9:40 Sat 12:55-3:10-5:15-7:20-9:40-11:35 Sun-Mon 12:55-3:10-5:15-7:20-9:40 Tue 12:55-3:10-5:15-7:20-9:40-11:35 Wed-Thu 12:55-3:10-5:15-7:20-9:40
Cloudy With a Chance of Meatballs 2 (G) Fri-Wed 12:45-3-5:05-7:10-9:15 Thu 12:45-3-5:05-7:10
The Counselor (14A) Thu 10
Escape Plan (14A) Fri 1:05-3:40-6:55-9:30 Sat 1:05-3:40-6:55-9:30-11:45 Sun-Mon 1:05-3:40-6:55-9:30 Tue 1:05-3:40-6:55-9:30-11:45 Wed-Thu 1:05-3:40-6:55-9:30
Gravity (PG) Fri 12:50-3:05-5-7:10-9:30 Sat 12:50-3:05-5-7:10-9:30-11:20 Sun-Mon 3:05-5-9:30 Tue 12:50-3:05-5-7:10-9:30-11:20 Wed 3:05-5-9:30 Thu 12:50-3:05-5-7:10-9:30 Sun-Mon 12:50-7:10 Wed 12:50-7:10
Jackass Presents: Bad Grandpa (STC) Thu 9:15
Machete Kills (14A) Fri-Wed 12:40-3-5:15-7:30-9:45 Thu 12:40-3-5:15-7:30
Prince of Darkness (STC) Sat 12 Tue 12

Revue Cinema
400 Roncesvalles Ave.

20 Feet From Stardom (PG) Wed 9 Thu 7
Blue Jasmine (14A) Fri 7 Sat 4:15-7 Sun 7 Mon 9 Tue 7
Chasing Ice (PG) Sun 4
Drinking Buddies (14A) Mon 7 Tue 9
In a World... (14A) Fri-Sun 9
Monsters University 3D (G) Sat-Sun 2
Our Man in Tehran (PG) Wed 7 Thu 9

The Royal
608 College St.

All the Boys Love Mandy Lane (14A) Mon 9 Wed 7
Bayou Maharajah: The Tragic Genius of James Booker (STC) Sun 7
In Search of Blind Joe Death: The Saga of John Fahey (STC) Sat 7
The Legend of Jimi Lazer (STC) Sat 9:30
No Films Showing Today (STC) Fri Tue Thu
You're Next (14A) Mon 7 Wed 9

Varsity
55 Bloor St. W.

12 Years a Slave (14A) Fri-Sun 12:30-1:20-3:30-4:20-6:30-7:20-9:30-10:20 Mon-Thu 1:45-2-4:35-5-7:25-8-10:15 Fri-Sun 12:40-3:40-6:40-9:40 Mon-Thu 1:30-4:20-7:10-10
Captain Phillips (14A) Fri-Sun 12:45-3:50-7-10 Mon-Thu 3:30-6:30-9:30 Fri-Sun 12:15-3:15-6:20-9:20 Mon-Thu 2:30-5:30-8:30
Gravity 3D (PG) Fri-Sun 12:50-3:05-5:20-7:45-10:05 Mon-Thu 2:10-4:30-6:50-9:15 Fri-Sun 12:25-2:45-5-7:25-9:50 Mon-Thu 1:40-3:55-6:20-8:45
Prisoners (14A) Fri-Sun 12:15-3:35-6:55-10:15 Mon-Thu 2:50-6:10-9:40
Rush (14A) Fri-Sun 1:40-4:30-7:30-10:15 Mon-Thu 1:35-4:25-7:15-10:05 Fri-Sun 1:10-3:55-6:50-9:30 Mon-Thu 3-6-9
Wadjda (PG) Fri-Sun 1:50-4:10-6:45-9:15 Mon 1:50-4:10-9:30 Tue 1:50-4:10-6:45-9:30 Wed 1:50-4:10-9:30 Thu 1:50-4:10-6:45-9:30
Watermark (G) Fri-Sun 12:20-2:40-5:05-7:35-9:55 Mon-Thu 2:40-5:05-7:35-9:55

Canada Square
2200 Yonge St.

Blue Jasmine (14A) Fri 4:10-6:50-9:10 Sat-Sun 1:40-4:10-6:50-9:10 Mon-Thu 4:25-6:40
Despicable Me 2 (G) Sat-Sun 1:20
Lee Daniels' The Butler (14A) Fri 3:50-6:40-9:30 Sat-Sun 1-3:50-6:40-9:30 Mon-Thu 4-6:50
Parkland (PG) Fri 4:30-7-9:20 Sat-Sun 1:50-4:25-7-9:20 Mon-Thu 4:20-6:30
Prisoners (14A) Fri 4:50-8:30 Sat-Sun 1:10-4:50-8:30 Mon-Thu 4-7:10
The Right Kind of Wrong (14A) Fri 4-6:20-8:40 Sat-Sun 1:30-4-6:20-8:40 Mon-Thu 4:05-6:20
Romeo & Juliet (STC) Fri-Sun 3:55-6:30-9:15 Mon-Thu 4:15-7
Runner Runner (14A) Fri 4:40-6:55-9 Sat-Sun 2:10-4:40-6:55-9 Mon-Thu 4:40-6:45
Watermark (G) Fri 4:20-7:10-9:30 Sat-Sun 2-4:20-7:10-9:30 Mon-Thu 4:50-7:05

Mt. Pleasant Theatre
675 Mt.Pleasant Rd.

The Art of the Steal (14A) Fri-Sat 9:15 Sun 7 Tue 7
No Films Showing Today (STC) Mon
The Way Way Back (PG) Fri-Sat 7 Sun 4:30 Wed-Thu 7

Regent Theatre
551 Mt.Pleasant Rd.

Hannah Arendt (PG) Sat 7 Sun 4:30 Tue-Wed 7
Museum Hours (PG) Sat 9:10 Sun 7 Thu 7
No Films Showing Today (STC) Fri Mon

Yonge-Eglinton Centre
2300 Yonge St.

Captain Phillips (14A) Fri 1-4-7-10:20 Sat 12:40-3:50-6:50-10 Sun 12:40-3:40-6:40-9:40 Mon-Tue 1-4-7-10 Wed 12:50-4-7-10 Thu 1-4-7-10
Carrie (14A) Fri 2:20-5-8:10-10:45 Sat 12:35-3-5:30-8:10-10:45 Sun 2:30-5-7:50-10:15 Mon-Thu 2:30-5-7:30-9:55
Cloudy With a Chance of Meatballs 2 (G) Fri 2 Sat-Sun 12:30 Mon-Thu 1:50
Cloudy With a Chance of Meatballs 2 3D (G) Fri 4:20-6:40-9:10 Sat-Sun 2:50-5:10-7:30-9:50 Mon-Wed 4:10-6:30-9:10 Thu 4:10-6:30-9:40
Don Jon (18A) Fri 2:30-4:50-7:50-10:15 Sat 4:50-7:50-10:15 Sun 4:50-7:40-10:10 Mon-Tue 2:20-4:50-7:20-9:35 Wed 1:20-3:35-9:45 Thu 2:20-4:40-10:30
Enough Said (PG) Fri 1-3:50-6:30-9:40 Sat 1-4-6:40-9:40 Sun 1:10-3:50-6:30-9:30 Mon-Tue 1:15-3:45-6:20-9:20 Wed 3:45-6:20-9:20 Thu 1:15-3:45-6:20-9:20 Star & Strollers Screening Wed 1
Escape Plan (14A) Fri-Sat 1:50-4:40-7:40-10:40 Sun 1:30-4:20-7:05-9:55 Mon-Wed 1:40-4:30-7:10-9:50 Thu 1:40-4:30-7:10-10:10
The Fifth Estate (14A) Fri 1:10-4:10-7:10-10:10 Sat 1:10-3:30-7-10:10 Sun 1-4-6:55-10 Mon-Tue 1:10-4:05-7-9:55 Wed 4:05-7-9:55 Thu 1:10-4:05-7:20-10:20
Star & Strollers Screening Wed 1
Gravity 3D (PG) Fri-Sat 1:20-3:40-6-8:20-10:45 Sun 12:45-3-5:20-8-10:15 Mon-Tue 1-3:15-5:30-7:45-10 Wed 12:50-3:15-5:30-7:45-10 Thu 1-3:15-5:30-7:50-10:15
Jackass Presents: Bad Grandpa (STC) Thu 9
National Theater Live: MacBeth - Encore (STC) Sat 12:30 Wed 6:45
RiffTrax Live: Night of the Living Dead (STC) Thu 8
Rush (14A) Fri 1:40-4:30-7:30-10:30 Sat 1:40-4:30-7:20-10:30 Sun 1:20-4:10-7:15-10:05 Mon-Wed 1:05-3:50-6:40-9:40 Thu 1:05-3:50-6:40
Spartacus - Bolshoi Ballet (STC) Sun 12:55

Yonge & Dundas 24
10 Dundas St East

Baggage Claim (PG) Fri-Tue 1:25-4-7:10-9:35 Wed 1:25-4-10:15 Thu 1:25-4-7:10-9:35
Battle of the Year 3D (PG) Fri-Sun 6:40-9:20 Mon 9:20 Tue 6:40-9:20 Wed 9:50 Thu 6:40-9:20
Blue Jasmine (14A) Fri 2:30-5:05-7:35-10:20 Sat-Sun 11:55-2:30-5:05-7:35-10:20 Mon-Thu 7:35-10:20
Boss (STC) Fri 3:30-6:40-9:55 Sat-Sun 12:20-3:30-6:40-9:55 Mon 3:30-7:20-9:55 Tue-Thu 3:30-6:40-9:55
Captain Phillips (14A) Fri 3:20-6:25-9:30 Sat-Sun 1:15-4:20-7:25-10:30 Mon-Wed 3:20-6:25-9:30 Thu 2:30-6:25-9:30
Captain Phillips: The IMAX Experience (14A) Fri 1:30-4:30-7:30-10:30 Sat-Sun 12:15-3:20-6:25-9:30 Mon-Thu 1:30-4:30-7:30-10:30
Carrie (14A) Fri-Thu 1:45-4:15-6:45-9:15 Fri 2:45-5:15-7:45-10:15 Sat-Sun 12:15-2:45-5:15-7:45-10:15 Mon-Thu 2:45-5:15-7:45-10:15
Cloudy With a Chance of Meatballs 2 (G) Fri-Sun 1:50-4:15 Mon 1:50 Tue-Thu 1:50-4:15
Cloudy With a Chance of Meatballs 2 3D (G) Fri 2:50-5:15-7:40-10:10 Sat-Sun 12:25-2:50-5:15-7:40-10:10 Mon-Thu 2:50-5:15-7:40-10:10
The Decline of the American Empire (STC) Fri 8 Sun 9:50 Mon 1:30 Tue 10:15 Thu 5
Enough Said (PG) Fri 2:20-4:45-7:15-9:35 Sat-Sun 12-2:20-4:45-7:15-9:35 Mon-Wed 2:20-4:45-7:15-9:35 Thu 4:45-7:15-9:35
Star & Strollers Screening Thu 2
The Face Reader (14A) Fri 3:30-6:35-9:40 Sat-Sun 12:10-3:30-6:35-9:40 Mon-Tue 3:30-6:35-9:40 Wed 3:30-6:35-9:55 Thu 3:30-6:35-9:40
Funny Girl (STC) Fri 5 Sun 4:30 Mon 7 Tue 4 Thu 2
Great Balls of Fire! (STC) Sun 7:30 Mon 9:55 Tue 1:45 Wed 10:15
Insidious: Chapter 2 (14A) Fri-Thu 1:40-5-7:30-10:05
Jackass Presents: Bad Grandpa (STC) Thu 9
Lee Daniels' The Butler (14A) Fri 1:30-4:25-7:25-10:25 Sat-Sun 12:30-3:40-6:45-10:15 Mon 10:25 Tue-Thu 7:25-10:25
Marnie (PG) Tue 7
National Theater Live: MacBeth - Encore (STC) Sat 12:30-4-8 Wed 2:30-6:45
RiffTrax Live: Night of the Living Dead (STC) Thu 8
The Right Kind of Wrong (14A) Fri 3-5:25-7:50-10:30 Sat-Sun 12:35-3-5:25-7:50-10:30 Mon-Thu 7:50-10:30
Romeo & Juliet (STC) Fri 1:30-4:20-7:10-10 Sat-Sun 1-4:05-7:10-10 Mon-Wed 7:10-10 Thu 6
Runner Runner (14A) Fri 3:15-5:35-7:55-10:15 Sat-Sun 12:55-3:15-5:35-7:55-10:15 Mon-Thu 2:45-5:05-7:55-10:15
Spartacus - Bolshoi Ballet (STC) Sun 12:55
Thanks for Sharing (18A) Fri-Wed 1:40-4:25-7:05-9:50 Thu 4:40-7:05-9:50 Star & Strollers Screening Thu 2
Vermeer and Music: The Art of Love and Leisure (STC) Fri 1:30 Mon 3:45

TIFF Bell Lightbox
350 King St. West

Bastards (14A) Fri-Sun 2:35-6:30-9:50 Mon 9:50 Tue-Thu 2:45-4:45-7:30-9:50
Bleeder (R) Thu 9:30
Fleshpot on 42nd Street (R) Wed 9:30
I Can't Sleep (14A) Tue 6:30
Muscle Shoals (PG) Fri-Sun 12:10-2:45-4:50-9:15 Mon 6:45 Tue 12:10-3:15-5-9:15 Wed 12:10-3:15-5-7 Thu 12:10-2:30-5
Pusher (18A) Thu 6:30
A Touch of Sin (14A) Fri-Sun 12-3-6-9 Mon 6-9 Tue-Thu 12-3-6-9
Watermark (G) Fri-Sun 12:15-2:30-7:10-9:20 Mon 7:10-9:20 Tue 12:15-2:30-7:10-9:20 Wed 12:15-2:30-7:10-9:25 Thu 12:15-2:30-7:10-9:20

Albion Cinemas
1530 Albion Rd.

Boss (STC) Fri-Sun 3:30-6:30-9:30 Mon-Thu 6:30-9:30
R.S.V.P - Ronde Saare Viah Picho (STC) Fri-Sun 3:45-9:30 Mon-Thu 9:30
Shahid (STC) Fri-Thu 7

Queensway
1025 The Queensway

The Addams Family (STC) Sat 11
Captain Phillips (14A) Fri 1-4:20-7:30-10:40 Sat 11:20-1:05-4:20-7:30-10:40 Sun 1:05-4:20-7:30-10:40 Mon-Tue 12:45-4-7:10-10:20 Wed 3:30-7:10-10:20 Thu 12:45-4-7:10-10:20 Star & Strollers Screening Wed 1

Queensway
1025 The Queensway

Carrie (14A) Fri 12:30-2:20-3-4:55-5:35-7:35-8:10-10:05-10:45 Sat 11:45-12:30-2:20-3-4:55-5:35-7:35-8:10-10:05-10:45 Sun 12-12:25-2:20-3-4:55-5:35-7:35-8:10-10:05-10:45 Mon-Thu 2-2:40-4:40-5:15-7:15-7:50-9:50-10:25
Cloudy With a Chance of Meatballs 2 (G) Fri 1:45-4:15 Sat 11:25-1:45-4:15 Sun 1:45-4:15 Mon-Thu 1:10-3:40
Cloudy With a Chance of Meatballs 2 3D (G) Fri 12:15-2:35-5:10-7:40-10:10 Sat-Sun 12-2:35-5:10-7:40-10:10 Mon-Thu 2:15-4:45-7:20-9:45

The Counselor (14A) Thu 10
Don Jon (18A) Fri-Sun 12:40-3:05-5:30-7:55-10:20 Mon-Tue 12:30-2:45-5:10-7:35-10 Wed 12:30-2:45-7:40-10 Thu 12:30-2:45-6:35
Enough Said (PG) Fri 2:30-5:05-7:20-9:45 Sat 11-2:30-5:05-7:20-9:45 Sun 5:05-7:20-9:45 Mon 1-3:30-10:15 Tue 1-3:30-6:50-9:15 Wed 4:40-9:40 Thu 1-3:30-6:50 Star & Strollers Screening Wed 1
Escape Plan (14A) Fri 1:55-4:50-7:45-10:35 Sat 11:15-2-4:50-7:45-10:35 Sun 2-4:50-7:45-10:35 Mon-Thu 1:40-4:30-7:25-10:15
The Fifth Estate (14A) Fri-Sun 1:10-4:10-7:15-10:15 Mon-Thu 12:50-3:55-6:55-9:55
Funny Girl (STC) Mon 7
Gravity 3D (PG) Fri 12:20-2:40-5-7:25-9:50 Sat 11-12:15-2:40-5-7:25-9:50 Sun 12:15-2:40-5-7:25-9:50 Mon-Thu 2:10-4:35-7-9:25 Fri-Sun 12:50-3:15-5:40-8:05-10:30 Mon-Thu 12:35-2:55-5:20-7:45-10:10
Jackass Presents: Bad Grandpa (STC) Thu 9:20
Machete Kills (14A) Fri 2:45-5:20-8-10:35 Sat 5:20-8-10:35 Sun 2:45-5:20-8-10:35 Mon-Tue 2:05-4:50-7:30-10:05 Wed 4:50-7:30-10:05 Thu 2:05-4:50-10:05
National Theater Live: MacBeth - Encore (STC) Sat 12:30 Wed 6:45
Prisoners (14A) Fri 12:20-3:40-7-10:25 Sat 1:55-3:35-7-10:25 Sun 12:20-3:35-7-10:25 Mon-Thu 12:30-3:45-7:05-10:30
RiffTrax Live: Night of the Living Dead (STC) Thu 8
The Right Kind of Wrong (14A) Fri-Sun 6:55-9:30 Mon-Thu 6:40-9:10
Runner Runner (14A) Fri 2:15-4:45-7:10-9:35 Sat 11:55-2:15-4:45-7:10-9:35 Sun 12:30-2:30-4:45-7:10-9:35 Mon-Tue 12:40-3-5:25-7:40-10:05 Wed 12:40-3-5:25-10:05 Thu 12:40-3-5:25-7:30-10:30
Rush (14A) Fri 1:20-4:05-7:05-10 Sat-Sun 1:15-4:05-7:05-10 Mon-Tue 12:55-3:50-6:45-9:40 Wed 12:55-3:50-6:50-9:40 Thu 12:55-3:50-6:45-9:40
Spartacus - Bolshoi Ballet (STC) Sun 12:55

Woodbine Centre
500 Rexdale Blvd.

Baggage Claim (PG) Fri-Thu 1:05-6:45
Captain Phillips (14A) Fri-Tue 1-3:50-6:40-9:30 Wed 3:50-6:40-9:30 Thu 1-3:50-6:40-9:30
Carrie (14A) Fri-Thu 12:50-3-5:10-7:20-9:45
Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 12:45-2:55-5-7:10-9:20
Escape Plan (14A) Fri-Thu 1:10-3:55-7-9:35
Gravity (PG) Fri-Thu 1:20-4:15-7:05-9:15
Machete Kills (14A) Fri-Thu 3:45-9:25
The Right Kind of Wrong (14A) Fri-Thu 1:15-6:55
Runner Runner (14A) Fri-Thu 4:10-9:40

Kingsway Theatre
3030 Bloor St. West

15 Reasons to Live (14A) Fri-Thu 8:50
Blackfish (PG) Fri-Thu 2:15
Blue Jasmine (14A) Fri-Thu 8
Despicable Me 2 (G) Sat-Sun 11
The Family (14A) Fri-Thu 6
Good Ol' Freda (G) Fri-Thu 5:30
Hannah Arendt (PG) Fri-Thu 7
In a World... (14A) Fri-Thu 12:30
Insidious: Chapter 2 (14A) Fri-Thu 9:40
Italy: Love It, or Leave It (STC) Fri-Thu 12:40
Lee Daniels' The Butler (14A) Fri-Thu 2:10
Museum Hours (PG) Fri-Thu 3:50
The Short Game (G) Sat-Sun 11
Watermark (G) Fri-Thu 4:25

Humber Cinema
2:2442 Bloor St. West

Captain Phillips (14A) Fri 3:50-6:40-9:30 Sat-Tue 1-3:50-6:40-9:30 Wed-Thu 3:50-6:40-9:30
Cloudy With a Chance of Meatballs 2 (G) Fri 4-7:10-9:20 Sat-Tue 1:45-4-7:10-9:20 Wed-Thu 4-7:10-9:20
The Fifth Estate (14A) Fri 4:10-7-9:45 Sat-Tue 1:15-4:10-7-9:45 Wed-Thu 4:10-7-9:45
Gravity (PG) Fri 4:20-6:50-9 Sat-Tue 1:30-4:20-6:50-9 Wed-Thu 4:20-6:50-9

Beach Cinemas
1651 Queen St. E.

Captain Phillips (14A) Fri 4-7-10 Sat-Sun 1-4-7-10 Mon-Thu 7-9:50
Carrie (14A) Fri 4:40-7:10-9:50 Sat-Sun 12:20-2:30-4:50-7:10-9:50 Mon-Thu 7:10-9:40
Cloudy With a Chance of Meatballs 2 (G) Sat-Sun 12:10
Cloudy With a Chance of Meatballs 2 3D (G) Fri 4:30-6:40-9 Sat-Sun 2:15-4:30-6:50-9:10 Mon-Thu 6:40-9
Escape Plan (14A) Fri 4:20-7:30-10:10 Sat 1:40-4:20-7:30-10:10 Sun 1:40-4:20-7:30-10 Mon-Thu 7:30-10
Gravity 3D (PG) Fri 4:50-7:20-9:40 Sat-Sun 12:30-2:40-5-7:20-9:40 Mon-Thu 7:20-9:30
The Right Kind of Wrong (14A) Fri-Sun 4:10-9:30 Mon-Thu 9:25
Rush (14A) Fri 6:50 Sat-Sun 1:20-6:40 Mon-Thu 6:50

Fox Theatre
2236 Queen St. E.

Lee Daniels' The Butler (14A) Fri 7 Sat 9:30 Sun 4:15-6:45 Tue 6:45 Wed 9:15 Thu 6:45
Monsters University 3D (G) Sat 1:30 Sun 2
Our Man in Tehran (PG) Mon 7 Tue 9:30
The World's End (14A) Fri 9:30 Sun 9:30 Mon 9 Wed 7 Thu 9:30

Empress Walk
5095 Yonge St.

Captain Phillips (14A) Fri 4:10-7:20-10:25 Sat 1-4:10-7:20-10:25 Sun 12:30-3:50-6:50-9:55 Mon-Thu 3:50-6:50-9:55
Carrie (14A) Fri 5:20-8-10:40 Sat 2-5:20-8-10:40 Sun 2-5-7:30-10:10 Mon-Thu 5-7:30-10:10
Cloudy With a Chance of Meatballs 2 (G) Sat 1:30 Sun 1:20
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Sat 4-6:30-9 Sun 6:40-9 Mon-Thu 4-6:40-9
The Counselor (14A) Thu 10
Don Jon (18A) Fri 5:15-7:45-10:10 Sat 2:40-5:15-7:45-10:10 Sun-Tue 4:40-7-9:40 Wed 4:20-9:50 Thu 4:40-7
Escape Plan (14A) Fri 5-7:50-10:45 Sat 2:10-5-7:50-10:45 Sun 1:40-4:30-7:20-10:15 Mon-Thu 4:30-7:20-10:15
The Fifth Estate (14A) Fri 3:45-7-10 Sat 12:40-3:45-7-10 Sun 12:30-3:30-6:30-9:30 Mon-Thu 3:30-6:30-9:30
Gravity 3D (PG) Fri 5:10-7:30-9:50 Sat 12:30-2:50-5:10-7:30-9:50 Sun 1-4:10-6:45-9:15 Mon-Thu 4:10-6:45-9:15
Gravity: An IMAX 3D Experience (PG) Fri 3:30-5:50-8:10-10:30 Sat 1:10-3:30-5:50-8:10-10:30 Sun 1:30-4:50-7:15-9:45 Mon-Thu 4:50-7:15-9:45
Jackass Presents: Bad Grandpa (STC) Thu 9:30
National Theater Live: MacBeth - Encore (STC) Sat 12:30 Wed 6:45
RiffTrax Live: Night of the Living Dead (STC) Thu 8

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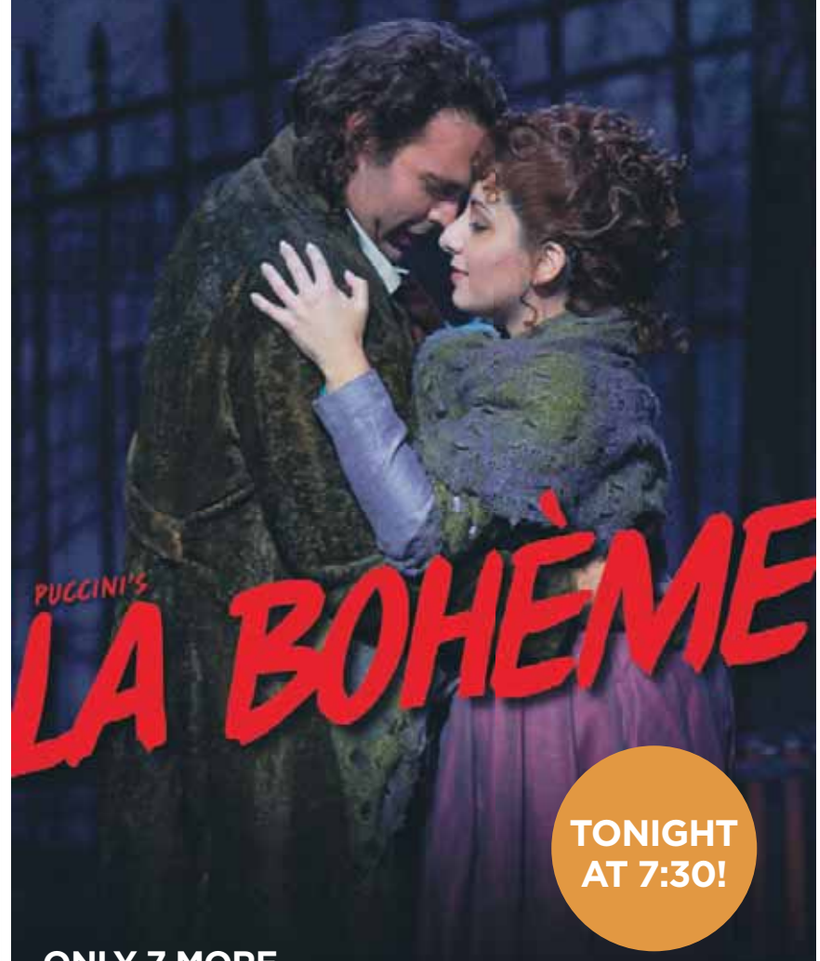

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5095 Yonge St.

The Right Kind of Wrong (14A) Fri 6:50 Sat 1:20-6:50 Sun 1:15-6:35 Mon-Thu 6:35
Romeo & Juliet (STC) Fri-Sat 3:50-9:30 Sun-Wed 3:40-9:20 Thu 3:40
Rush (14A) Fri-Sat 4:40-7:40-10:35 Sun 1:10-4:20-7:10-10:05 Mon-Tue 4:20-7:10-10:05 Wed 3:40-10:15 Thu 4:20
Spartacus - Bolshoi Ballet (STC) Sun 12:55

SilverCity Yorkdale 6

3401 Dufferin St.

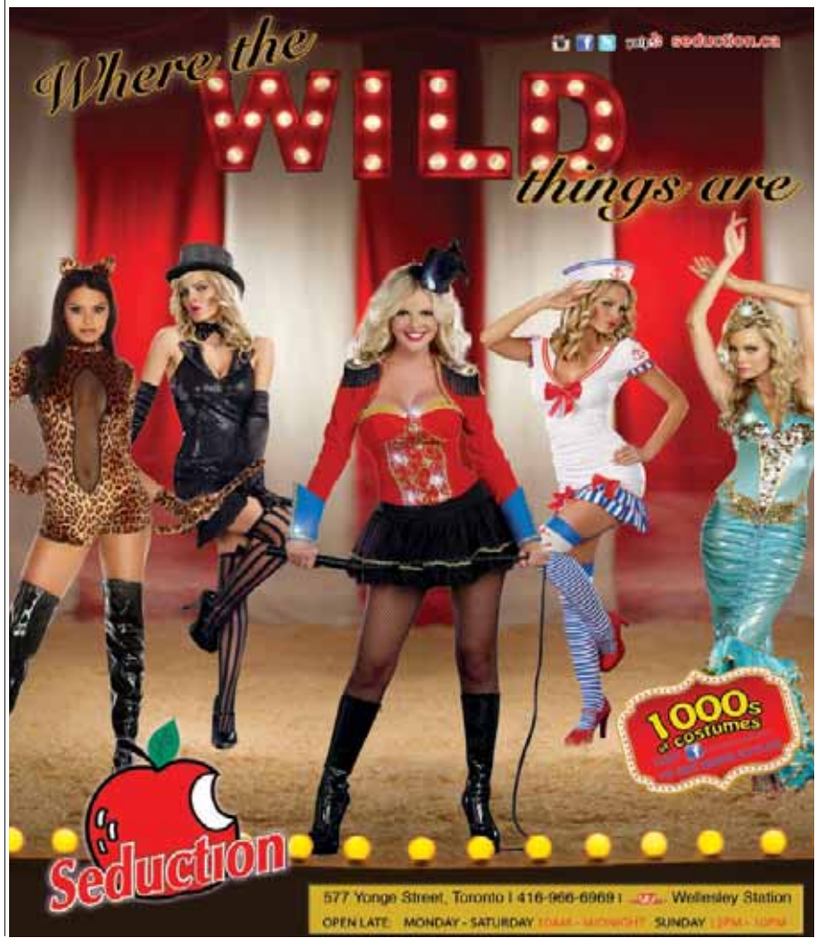
The Addams Family (STC) Sat 11
Captain Phillips (14A) Fri-Sat 12:55-4-7:15-10:25 Sun-Thu 12:45-3:55-7:05-10:15
Carrie (14A) Fri 1:30-5:20-7:50-10:30 Sat 12:10-2:40-5:20-7:50-10:30 Sun-Thu 2-5-7:35-10:15
Cloudy With a Chance of Meatballs 2 (G) Fri 1 Sat 12:30 Sun-Thu 1:10
Cloudy With a Chance of Meatballs 2 3D (G) Fri 3:30-6:40-9:15 Sat 3-5:30-8-10:30 Sun-Thu 4-6:50-9:20
The Counselor (14A) Thu 10
Don Jon (18A) Fri 2:30-4:55-7:25-9:50 Sat 12-2:30-4:55-7:25-9:50 Sun-Wed 2:30-4:55-7:25-9:50 Thu 2:20-4:40-7:10
Escape Plan (14A) Fri-Thu 1:40-4:30-7:20-10:10 The Fifth Estate (14A) Fri 1:05-4:05-7:05-10:05 Sat-Thu 12:45-3:50-6:55-10
Gravity 3D (PG) Fri 1:15-3:35-5:55-8:10-10:30 Sat 12:15-2:45-5:15-7:45-10:15 Sun-Thu 1:15-4:10-7:40-10:05
Jackass Presents: Bad Grandpa (STC) Thu 9:30
Machete Kills (14A) Fri-Wed 4:45-9:55 Thu 4:45 Prisoners (14A) Fri 3:20-6:50-10:20 Sat 11:50-3:20-6:50-10:20 Sun-Thu 1:30-6:40-10:10
The Right Kind of Wrong (14A) Fri-Thu 2:10-7:30 Runner Runner (14A) Fri-Thu 1:50-4:20-7-9:30

Silvercity Fairview
1800 Sheppard Ace. E.

The Addams Family (STC) Sat 11
Captain Phillips (14A) Fri-Sat 1-4-7-10:05 Sun-Mon 2:20-5:30-9 Tue 1-4-7-10:05 Wed 5:30-9 Thu 2:20-5:30-9 Star & Strollers Screening Wed 1
Carrie (14A) Fri 2:40-5:10-7:40-10:10 Sat 12:10-2:40-5:10-7:40-10:10 Sun-Mon 1:50-4:25-7:05-9:45 Tue 2:40-5:10-7:40-10:10 Wed-Thu 1:50-4:25-7:05-9:45
Cloudy With a Chance of Meatballs 2 (G) Fri 1:10 Sat 11:30-2 Sun-Mon 1:35 Tue 1:10 Wed-Thu 1:35
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Sat 4:30-7:05-9:40 Sun-Mon 4:40-7:15-9:50 Tue 4:30-7:05-9:40 Wed-Thu 4:40-7:15-9:50
Escape Plan (14A) Fri-Sat 1:30-4:20-7:10-10 Sun-Mon 2-3:50-6:40-9:30 Tue 1:30-4:20-7:10-10 Wed-Thu 2-3:50-6:40-9:30
The Fifth Estate (14A) Fri 1:20-3:40-6:50-9:50 Sat 12:40-3:40-6:50-9:50 Sun-Mon 1:40-4-7-9:55 Tue 1:20-3:40-6:50-9:50 Wed 4-7-9:55 Thu 1:40-4-7-9:55 Star & Strollers Screening Wed 1
Gravity 3D (PG) Fri 3:10-5:30-8-10:20 Sat 12:50-3:10-5:30-8-10:20 Sun-Mon 1:55-4:20-6:50-9:10 Tue 3:10-5:30-8-10:20 Wed-Thu 1:55-4:20-6:50-9:10
Jackass Presents: Bad Grandpa (STC) Thu 9:30
Machete Kills (14A) Fri-Sat 4:10-9:30 Sun-Mon 4:10-9:20 Tue 4:10-9:30 Wed-Thu 4:10-9:20
Prisoners (14A) Fri 3:20-6:40-9:55 Sat 12-3:20-6:40-9:55 Sun-Mon 2:10-5:40-9:05 Tue 3:20-6:40-9:55 Wed-Thu 2:10-5:40-9:05
The Right Kind of Wrong (14A) Fri 1:40-6:55 Sat 11:10-1:40-6:55 Sun-Mon 1:45-6:55 Tue 1:40-6:55 Wed-Thu 1:45-6:55
Runner Runner (14A) Fri 3-5:25-7:55 Sat 12:30-3-5:25-7:55 Sun-Mon 1:30-4:50-7:10 Tue 3-5:25-7:55 Wed-Thu 1:30-4:50-7:10
Rush (14A) Fri-Sat 10:15 Sun-Mon 9:40 Tue 10:15 Wed 9:40

Coliseum Scarborough
300 Borough Dr.

The Addams Family (STC) Sat 11
Captain Phillips (14A) Fri-Sun 1:20-4:25-7:30-10:40 Mon-Thu 1:10-4:25-7:30-10:40
Carrie (14A) Fri 3-5:35-8:10-10:45 Sat 12-2:45-5:20-8:10-10:45 Sun 3-5:35-8:10-10:45 Mon-Wed 2:35-5:20-8-10:35 Thu 2:35-5:20-7:50-10:35
Cloudy With a Chance of Meatballs 2 (G) Fri 2:10 Sat 11:40-2:15 Sun-Thu 2:10
Cloudy With a Chance of Meatballs 2 3D (G) Fri 4:40-7:20-9:55 Sat 4:45-7:20-9:55 Sun-Thu 4:40-7:20-9:55
The Counselor (14A) Thu 10:05
Don Jon (18A) Fri 2:50-5:15-7:35-10 Sat-Sun 5:15-7:35-10 Mon-Tue 2:50-5:15-7:35-10 Wed 2:50-5:15-10 Thu 2:50-5:10-10:10
Escape Plan (14A) Fri 2-4:50-7:40-10:30 Sat 11:15-2-4:55-7:40-10:30 Sun-Thu 2-4:50-7:40-10:30
The Fifth Estate (14A) Fri-Thu 1:15-4:15-7:15-10:20
Gravity 3D (PG) Fri 2:05-4:30-7:05-9:30 Sat 2:10-4:35-7:05-9:30 Sun-Wed 2:05-4:30-7:05-9:30 Thu 2:05-4:30-7:05 Fri 2:40-5:05-7:50-10:15 Sat 12:35-3:10-5:35-8-10:35 Sun-Wed 2:40-5:05-7:50-10:15 Thu 2:40-5:05-7:45-10:15
Insidious: Chapter 2 (14A) Fri-Wed 2:15-5:10-7:45-10:25 Thu 2:15-5-7:35-10:40
Jackass Presents: Bad Grandpa (STC) Thu 9:30
Machete Kills (14A) Fri 4:35-9:50 Sat 4:20-9:50 Sun 4:35-9:50 Mon 4:30-9:50 Tue 4:35-9:50 Wed 3:50-9:50 Thu 4:30-9:50
National Theater Live: MacBeth - Encore (STC) Sat 12:30



Coliseum Scarborough 300 Borough Dr.

Prisoners (14A) Fri-Thu 2:40-6:10-9:45
RiffTrax Live: Night of the Living Dead (STC) Thu 8
The Right Kind of Wrong (14A) Fri-Tue 1:55-7:10 Wed 1:25-7:35 Thu 1:55-7:10
Runner Runner (14A) Fri-Wed 2:30-4:55-7:25-10:05 Thu 2:30-4:55-7:25
Spartacus - Bolshoi Ballet (STC) Sun 12:55

Eglinton Town Centre 1901 Eglinton Ave. E.

The Addams Family (STC) Sat 11
Boss (STC) Fri 3-6:40-10 Sat 12:30-3:45-7-10:25 Sun 12:10-3:25-6:45-10:05 Mon-Thu 4:30-8 Captain Phillips (14A) Fri 1:15-4:20-7:30-10:45 Sat 1:10-4:15-7:30-10:45 Sun 12:30-3:50-7-10:10 Mon-Wed 3:50-6:55-10:10 Thu 1:20-3:50-6:55-10:10
Carrie (14A) Fri 2-4:35-7:10-9:50 Sat 11:35-2-4:35-7:10-9:50 Sun 1:50-4:25-7-9:45 Mon-Wed 4:20-6:55-9:35 Thu 1:50-4:20-6:55-9:35 Fri 3:10-5:40-8:10-10:45 Sat 12:40-3:10-5:40-8:10-10:45 Sun 12:05-2:35-5:10-7:45-10:20 Mon-Wed 5-7:35-10:10 Thu 2:30-5-7:35-10:10
Cloudy With a Chance of Meatballs 2 (G) Fri 2:40 Sat 11:15-12:15 Sun 12:15 Thu 2:15 Cloudy With a Chance of Meatballs 2 3D (G) Fri 5:15-7:45-10:10 Sat-Sun 2:45-5:15-7:45-10:10 Mon-Thu 4:50-7:20-9:45
The Counselor (14A) Thu 10:05
Don Jon (18A) Fri 1-3:15-5:40-8:05-10:35 Sat 12:55-3:15-5:40-8:05-10:35 Sun 1-3:20-5:40-8:10-10:30 Mon-Thu 5:05-7:30-9:55
Enough Said (PG) Fri 2:25-4:45-7:10-9:35 Sat 12:05-2:25-4:45-7:10-9:35 Sun 12:20-2:45-5:10-7:35-10 Mon 4:15-10 Tue-Wed 5:15-7:40-10:05 Thu 2:30-5:15-7:40 Star & Strollers Screening Thu 1
Escape Plan (14A) Fri-Sun 2-4:50-7:40-10:30 Mon 3:55-6:50-9:45 Tue-Wed 4-6:50-9:45 Thu 1:10-4-6:50-9:45
The Fifth Estate (14A) Fri-Sat 1:15-4:15-7:15-10:15 Sun 1-4-7:05-10:10 Mon-Wed 4:05-7:10-10:15 Thu 1:30-4:05-7:10-10:15
Star & Strollers Screening Thu 1
Funny Girl (STC) Mon 7
Gravity 3D (PG) Fri 2:45-5:05-7:30-9:55 Sat 12:25-2:45-5:05-7:30-9:55 Sun 12-2:20-4:45-7:10-9:40 Mon 4:35-7:05-9:30 Tue-Wed 4:10-6:30-9 Thu 1:45-4:10-6:30-9 Fri 1:10-3:30-5:50-8:10-10:40 Sat 1-3:25-5:45-8:10-10:40 Sun 12:40-3-5:25-7:50-10:20 Mon 5:15-7:40-10:05 Tue-Wed 5:10-7:30-10 Thu 2:45-5:10-7:30-10
Jackass Presents: Bad Grandpa (STC) Thu 9:10 Machete Kills (14A) Fri 2:20-5:05-7:50-10:35 Sat 11:40-2:20-5:05-7:50-10:35 Sun 1:25-4:10-6:55-9:50 Mon 4:10-7-9:50 Tue-Wed 4:15-7-9:50 Thu 3:35-6:20
Prisoners (14A) Fri 3:20-6:40-10:05 Sat 12-3:20-6:40-10:05 Sun 12-3:20-6:45-10:15 Mon 3:40-6:40-10:15 Tue-Thu 3:30-6:50-10:15 The Right Kind of Wrong (14A) Fri 1:30-6:55 Sat 12:20-6 Sun 1:10-6:40 Mon 6:40 Tue-Wed 6:35 Thu 1:15-6:35
Romeo & Juliet (STC) Fri 4-9:20 Sat 3-8:30 Sun 3:40-9:10 Mon 3:45-9:15 Tue-Thu 3:40-9:05 Runner Runner (14A) Fri 3:10-5:35-8-10:25 Sat-Sun 12:50-3:10-5:35-8-10:25 Mon-Thu 5-7:25-9:55
Rush (14A) Fri-Sat 1-3:55-6:50-9:45 Sun 12:40-3:40-6:35-9:30 Mon 3:50-6:45-9:40 Tue-Thu 3:55-6:45-9:40

401 & Morningside 785 Milner Ave.

The Addams Family (STC) Sat 11
Baggage Claim (PG) Fri 5:05-7:40-10:05 Sat 12:15-2:40-5:05-7:40-10:05 Sun 2:40-5:05-7:40-10:05 Mon 5:50-8:25 Tue 5:05-7:40-10:05 Wed-Thu 5:50-8:25
Battle of the Year 3D (PG) Fri 4:30-7:10-9:45 Sat-Sun 1:45-4:30-7:10-9:45 Mon 5:30-8:20 Tue 4:30-7:10-9:45 Wed-Thu 5:30-8:20
Captain Phillips (14A) Fri 4-6:50-9:50 Sat-Sun 12:50-3:50-6:50-9:50 Mon 5:10-8:10 Tue 4-6:50-9:50 Wed-Thu 5:10-8:10
Carrie (14A) Fri 5:20-7:50-10:20 Sat 11:35-12:25-2:50-5:20-7:50-10:20 Sun 2:50-5:20-7:50-10:15 Mon 5:25-7:50 Tue 5:20-7:50-10:20 Wed-Thu 5:25-7:50
Cloudy With a Chance of Meatballs 2 (G) Fri 4:20 Sat 12:05 Sun 12:55 Mon 5:20 Tue 4:20 Wed-Thu 5:20
Cloudy With a Chance of Meatballs 2 3D (G) Fri 4:55-7:20-9:40 Sat 11:25-2:30-4:55-7:20-9:40 Sun 2:30-4:55-7:20-9:40 Mon 7:40 Tue 4:55-7:20-9:40 Wed-Thu 7:40
Escape Plan (14A) Fri 4:45-7:30-10:10 Sat 11:15-2-4:45-7:30-10:10 Sun 2-4:45-7:30-10:10 Mon 5:15-7:55 Tue 4:45-7:30-10:10 Wed-Thu 5:15-7:55
The Fifth Estate (14A) Fri 4:10-7-10 Sat 11:45-1-4-7-10 Sun 1:05-4-7-10 Mon 5:05-8:05 Tue 4:10-7-10 Wed-Thu 5:05-8:05 Gravity 3D (PG) Fri 5:30-8-10:25 Sat 12:40-3:10-5:30-8-10:25 Sun 1-3:15-5:30-7:45-10 Mon 5:40-8 Tue 5:30-8-10:25 Wed-Thu 5:40-8
Machete Kills (14A) Fri 7:55 Sat 2:15-7:55 Sun 2:15-7:35 Mon 8:30 Tue 7:55 Wed-Thu 8:30 Prisoners (14A) Fri 6:40-9:55 Sat 3-6:40-9:55 Sun 3:20-6:40-9:55 Mon 5-8:15 Tue 6:40-9:55 Wed-Thu 5-8:15
The Right Kind of Wrong (14A) Fri-Sat 5:10-10:30 Sun 5:10-10:05 Mon 6 Tue 5:10-10:30 Wed-Thu 6
Runner Runner (14A) Fri 5:45-8:05-10:30 Sat 1:10-3:25-5:45-8:05-10:30 Sun 1:10-3:25-5:40-7:55-10:15 Mon 6:10-8:30 Tue 5:45-8:05-10:30 Wed-Thu 6:10-8:30

Woodside Cinemas 1571 Sandhurst Circle

Boss (STC) Fri 3:30-6:30-9:30 Sat-Sun 1-3:30-6:30-9:30 Mon-Thu 3:30-6:30-9:30
Naiyaandi (STC) Fri 4:30-7:30-10:30 Sat-Sun 1:30-4:30-7:30-10:30 Mon-Thu 4:30-7:30-10:30
Raja Rani (STC) Fri 4-7:15-10:30 Sat-Sun 1-4-7:15-10:30 Mon-Thu 4-7:15-10:30

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REBECCA MAKONNEN
HOST, CIRCUIT MAKONNEN, ESPACE MUSIQUE
STEVE PATTERSON
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ANNA MARIA TREMONTI
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Indie-rock revival: The Plan's fallow decade is at an end

The Dismemberment Plan has done some growing up. CONTRIBUTED

Comeback. Front man Travis Morrison talks to Metro about the band's new album — and why releasing a record is like playing pachinko

ANDREA PARK
Metro World News

Talk about a musical hiatus. The Dismemberment Plan, a mainstay of the indie rock scene in the '90s and early '00s, broke up in 2003. They reunited a couple of years ago to tour, and now, more than a decade after their last record, they're releasing a new album, Uncanney Valley.

The Plan has grown up a lot since the breakup. Bassist Eric Axelson has been teaching in public schools, front man Travis Morrison leads a start-up called Shoutabl and sings in church choirs, guitarist Jason Caddell works as a freelance audio engineer and drummer Joe Easley is an engineer at NASA Goddard Space Flight Center.

The four practise in Washington, D.C., on the weekends as they juggle their day jobs with recording and performing. They'll be headlining CMJ Music Marathon in New York this Friday. Morrison talked to Metro about the band's dynamic over the years and the changing tides of the music industry.

How do you balance your day job with rehearsals and gigs?
Well, you know, most bands are like that really. I think that it's fun — it's also tiring and you have to focus. ... We had day jobs for the first five to six years of the Plan. You just have to try to stay on top of your own life.

Can you tell me about Shoutabl?
It's a social network for bands. We don't think there is one right now. You have to cobble together your services out of Twitter, Facebook and Tumblr. But there's no one social network service that covers all of that.

How has social media changed the landscape for you as musicians?
Well it's fun. It's great. It's a really exciting landscape. It's a different kind of thing. Most rock bands are not just musical concepts — we do T-shirts, make videos ... we say weird things — they're almost always multimedia enterprises. ... (It makes) me wonder where some bands would have been in 1994 without Twitter. They'd be so lonely. Musicians like Twitter because they have quick thoughts, but they're not essayists.

How did the new album come about?

- "We were playing different shows to promote a vinyl re-release for Emergency & I and while we were practising, we started to get little jams and grooves," says the Dismemberment Plan's Travis Morrison.
- "After a while we were like, 'Well, hey, when the shows are over, why don't we get together and keep jamming?' We weren't trying to be super goal-oriented. It was just to have fun and that kicked off the process."

How has the band dynamic changed after all of these years?
What I tell everyone is that in 1995, we were dating. We were a college romance that went on a six-year road trip and when the road trip was over, we had so many bags under our eyes. It was fun and it was the most awesome thing to do when you're 23. Charles Darwin got on the Beagle for 10 years. Ten years collecting species! I read that and I was like, "Oh, you were on tour." But instead of playing clubs, he was digging up dead butterflies on the Galapagos.

So back then it was very much that road trip. It was very much a dating or marriage-like commitment. Now, I think it's much more like adults who come together who have other things going on. ... It's clear that we're friends for life, but at this point if the four of us started fighting, that would be so weird. If we hated each other, we would have settled that a long time ago.

It's been 20 years since your band formed, and your new album Uncanney Valley sounds a little different, but ultimately you still sound like the Plan. Are you hoping to gain a new fan base or just looking to hang onto your devotees?
We can always hope, can't we? You never know, do you? I tend to have an unhealthily fatalistic attitude about my role towards art and culture. I don't think you will love me. I don't think everyone is going to love what I'm involved with.

I've always used the metaphor about the pachinko game. When you're putting your art into the culture and you let go of the ball — which is finishing the record — then you just watch it bounce down. I've had people who love what I do and I've had terrifying media yeehaws against what I do.

And at this point, I'm like, well, I did the best I could — let's drop it into the pachinko game and see where it lands. Any artist's dream is that everyone who ever loved anything you ever did loves your record and everyone who's never heard of you also buys the record. I've always never really been too worried about it. I just want to put it out there and give it a chance.

Your solo album Travistan (2004) was slammed by Pitchfork. What was that like for you?
It ultimately turned into a real positive. It did mean that I was kicked out of the business for a while. I don't think that was because of the review — a review is just a review — but the industry-wide reaction was frightening and creepy and slightly robotic. I'm still talking about this review and I talk more about it than any other review I've had in my life combined.

But since I was kicked out of the business, I had to look for inspiration in other things. In indie rock, all people wanted to talk about was Pitchfork and it wasn't healthy and it was weird.

So I joined a church choir and took Indian art classes and tried other things. Had I been a moderately successful indie rocker, I might not have had that more interesting trip.

Cyndi Lauper is celebrating the 30th anniversary of her breakthrough solo debut. CONTRIBUTED

Cyndi Lauper still her Unusual self after 30 years

Still having fun. The Girls Just Wanna Have Fun singer talks about recording her first album and how her breakout hit almost wasn't even hers

PAT HEALY
Metro World News

To celebrate the 30th anniversary of her breakthrough solo debut, Cyndi Lauper is not only performing She's so Unusual in its entirety, but she's also sharing stories that may make listeners exclaim that title phrase.

"When I recorded She Bop I wanted the producers to run a wire from the control booth to the rehearsal room where Kiss had their stuff," she remembers. "I felt comfortable enough to sing freely because I was uninhibited and nobody was watching. … So I wound up actually taking my shirt off to feel free, which is hard to explain to a man, because you grow up and you take your shirt off whenever you want and women can't so that freedom you never feel as an adult."

Cyndi Lauper, 30 years ago. THE ASSOCIATED PRESS

The story even gets a little more unusual.

"Actually, I tickled myself to make myself laugh," Lauper reveals with an echo of the laugh that's captured in the song.

"I mean it was so ridiculous I just started laughing. So that is the laugh on the song and then of course as soon as that album became popular and She Bop became popular then all of a sudden there's a lot of people laughing on their albums and I always used to think to myself, 'Well I know what I was doing, but what were they doing?'"

But what is probably most unusual about Lauper doing an Unusual tour at this point in her career is that she has achieved so much recently by looking forward.

She wrote the lyrics and music for the Broadway smash Kinky Boots, which won six Tony awards this year.

"With the success of the show on Broadway and the Tonys I feel like people actually do want to hear my new music, and I have a venue for it, so it doesn't feel like an oldies show that I have to do," she says.

"This is the first time I've done anything like this and it will probably be the last. It's an interesting journey for me to look back."

Girls Just Wanna Have Fun was originally written and sung by a man, Robert Hazard, and the message of the song was quite misogynistic.

"I said, 'The way Robert recorded this, it's not gonna work,'" Lauper recalls telling her producer. "And he looked at me and said, 'Well, think of what it could mean. It could be an anthem.'"

Strip down and sing

"I felt comfortable enough to sing freely because I was uninhibited. … So I wound up actually taking my shirt off to feel free."

Cyndi Lauper
Talking about recording She Bop

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A splash of neon on a dark disco blueprint

Unlikely influences. Sunshine pop? ZZ Top? Franz Ferdinand's new disc is full of surprises

PAT HEALY
Metro World News

Do not buy the deluxe edition of Franz Ferdinand's latest album Right Thoughts, Right Words, Right Action.

That advice comes directly from front man Alex Kapranos.

Sure, you may be tempted to spend three extra dollars for 13 extra songs, but if you don't buy the standard 10-track version you'll be missing the impact of the final phrase that Kapranos sings on Goodbye Lovers and Friends.

"Oh no," he says when he learns from Metro that the iTunes version features live renditions of some of the album's best tracks and a few old favourites. His voice has a descending note of disappointment that is hardly ever heard in his singing.

"The album was supposed to end with that last line, 'Goodbye lovers and friends, you can laugh as if we're still together, but this really is the end.'"

That sounds like the sort of cryptic last line that would be fitting for a band's swan song, but Kapranos insists that isn't so. "We just wanted a definitive ending for the album," he says, "not for the band."

Right Thoughts is quite the opposite of an ending for the Glasgow quartet. Sonically, it's a splash of neon upon the dark disco blueprint that initially earned the band acclaim at the turn of this century. Kapranos says it's because the label allowed Franz Ferdinand to trust their own instincts. "We were under observation for our second and third records," he says, "but the label left us alone for this one."

The album is full of surprises like sunshine pop and even a song that draws from the unlikeliest of influences.

"Oh, you mean Evil Eye," asks Kapranos. "Yeah, I could see where you'd think that sounds like ZZ Top."

But underneath this freedom, and the surf-rock keyboards, major chords and lush vocal harmonies that characterize the band's fourth album, there is something menacing.

A song like Fresh Strawberries starts sweetly enough, with Kapranos comparing the human condition to fruits "turning riper in the bowl" but quickly turns to the fruits rotting and the singer professing, "I believe there's nothing to believe."

As for Kapranos, he says the song is about "searching for an answer," but he won't admit whether or not his own world view is this cynical. He will, however, point out that not everything he sings should be taken at face value. In Goodbye Lovers and Friends he begins by singing, "Don't play pop music, you know I hate pop music."

"I obviously don't hate pop music," he says.

When the cat's away...

"We were under observation for our second and third records, but the label left us alone for this one."

Franz Ferdinand front man Alex Kapranos

Alex Kapranos, of Franz Ferdinand, definitely doesn't hate pop music.
GETTY IMAGES

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SOUND CHECK
Alan Cross
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File this week's tracks under Numanoid, True Blood moonlighting and sinister times

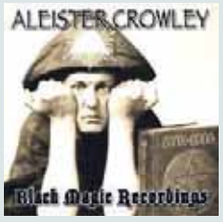
I Am Dust/ Gary Numan

While he'll forever be remembered for songs like Cars, this track from his new Splinter album will explain why guys like Trent Reznor still love him.

Free Your Mind/Cut Copy

Australia's Cut Copy got True Blood star Alexander Skarsgård to appear as a creepy half-naked baptizer in this Primal Scream-like single.

The Call of the First Aethyr/ Aleister Crowley



Back in the early 1900s, the infamous spiritualist recorded a series of incantations as wax recordings. They're now being reissued on vinyl just in time for Halloween. Be careful.

Mind the App

Tap into Type: Rider

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

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The Tenors. Win a chance to see the group perform

Want to see The Tenors live? Metro is giving you the chance to see the Canadian group perform in Vancouver. The contest comes as the musical foursome has teamed with Big Brothers Big Sisters of Canada to record the single I Thank You, with 50 cents of each digital song download going to support the organization.

Big Brothers Big Sisters highlights the importance of mentors in a child's life by providing volunteer opportunities to adults to be a friend and positive role model to Canada's youth.

Visit metronews.ca/scene to see a video of The Tenors performing I Thank You, and for a link to buy the single. For a chance to see them perform in Vancouver, go to clubmetro.com. METRO

The Tenors have teamed up with Big Brothers Big Sisters. GETTY IMAGES

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Idris Elba. ALL IMAGES GETTY

Between me, you and the world, I've tried every drug there is, says candid Elba

Idris Elba isn't shy about his personal history with drugs, telling Playboy it's quite extensive. "I'm not going to lie — I've tried everything, just between you, me and the people who read this magazine," he says. "I've tried it all. I played one of the biggest drug dealers in the world on TV (on The Wire), so you think I'd know what I was talking about."

Scent of a woman: Robert channels his inner Pacino when looking for a partner

When it comes to finding a woman attractive, Robert Pattinson trusts his nose. "It doesn't necessarily have to be perfume," he tells Portugal's Activa magazine. "I like the smell of people. It is really strange and I'm sure it has to do with pheromones. We like people because subconsciously we like the way they smell. I always find this very interesting to observe."

Robert Pattinson

The truth is Styles was Swift's silver medal

Taylor Swift famously dated and split from One Direction star Harry Styles, inspiring the tune I Knew You Were Trouble, but according to a new report Styles was actually her back-up target within the popular boy band. "Taylor had her eye on Zayn Malik," a source tells Life & Style magazine. "When Zayn found out she was interested, he turned her down. That's when she swooped in on Harry."

Taylor Swift

Twitter

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Nice try Elle, next time let Melissa show some skin!

THE WORD
Dorothy Robinson
scene@metronews.ca

Oh! Hey! Elle put an overweight woman on their cover — the fantastically amazing Melissa McCarthy. Kudos to them! But sadly, they also covered her up so much on their annual Women in Hollywood issue that it looks like she's wearing a sleeping bag. Think about it — they would have never let Sandra Bullock not show any skin. So, the public outcry has begun! But not without Elle defending their choice to style McCarthy in a Marina Rinaldi coat. "On all of our shoots, our stylists work with the stars to choose pieces they feel good in, and this is no different: Melissa loved this look, and is gorgeous on our cover," a spokesperson for Elle said in a statement. "We are thrilled to honour her as one of our Women in Hollywood this year."

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Stuff 'em, Tex Mex style

Tex Mex Stuffed Potato Skins

This recipe serves four. ROSE REISMAN

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For more, visit rosereisman.com or follow her on twitter @rosereisman

Baked potatoes are a nutritious way to eat the vegetable. Removing the pulp and filling them with a Tex Mex bean and vegetable stuffing as well as some melted cheese creates a great vegetarian meal. You can also add some cooked ground beef or diced cooked chicken if you'd like.

Part of this dish can be prepared ahead by baking the potatoes up to a day in advance. All you have to do is complete the recipe just before serving.

1. Preheat the oven to 450 F.

2. Wrap the potatoes in foil and bake directly on the oven rack for 45 to 50 minutes. Alternatively, prick each potato with a fork several times and microwave on High for 10 minutes or until soft.

3. When the potatoes are cool enough to handle, carefully scoop out the flesh, leaving about 1/4 inch of potato and the skin intact. Save the potato flesh for another purpose.

4. Lightly coat a small skillet with cooking spray, add the oil and set over medium heat. Add the onion and sauté for 5 minutes. Add the red pepper, jalapeno and garlic, and sauté for 3 minutes or just until soft. Transfer to a large mixing bowl.

5. Add the black beans, salsa, green onions and cilantro, and stir to combine. Fill the potato skins with the bean filling and sprinkle with the cheese. Bake for 10 minutes or just until heated through and the cheese is melted. Serve with sour cream.

Nutritional analysis

Per serving:

- **Calories: 317**
- **Protein: 11 g**
- **Fibre: 8.9 g**
- **Total fat: 11 g**
- **Cholesterol: 24 mg**
- **Sodium: 375 mg**

Ingredients

Prep time: 10 minutes
Bake time: 60 minutes

- 4 russet potatoes
- 2 tsp vegetable oil
- 1 cup diced onion
- 1/2 cup diced red bell pepper
- 2 tsp finely chopped jalapeno pepper
- 1 tsp finely chopped garlic
- 1 cup canned black beans, drained and rinsed
- 3/4 cup medium salsa
- 1/3 cup chopped green onions
- 1/4 cup chopped cilantro
- 3/4 cup shredded aged cheddar cheese
- 1/4 cup low-fat sour cream

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Julian Brass, Founder of notable.ca, Canada's online source for young professionals

Just re-opened: The Real Jerk

An uproar was heard citywide when The Real Jerk shut its doors at Broadview and Queen what seems like forever ago. An equally loud cheer rang throughout the streets upon its reopening, however, at 842 Gerrard St. E. Now, the taste sensation that is The Real Jerk's island cuisine is back, tempting tastebuds and delighting foodies across Toronto.

Just opened: Delysees Bakery

Like premium French pastries? How about macarons? Perfect lattes? You've likely just answered yes three times, and thus you need to boogie on over to Delysees Bakery at 780 King St. W. The café serves up a scintillating selection of French sweets alongside grab-and-go options, and, naturally, supreme caffeinated cups.

Just opened: The Fifth Pub House & Cafe

It's official: five spots now occupy the innards of 225 Richmond St. W. with the recent below-street-level openings of The Fifth Pub House and The Fifth Cafe. The massive space (it's about 7,000 square feet) sprawls along the bottom level. Split into two units, you have the bright and airy café on one side and a more rec room-esque pub on the other.

Just opened: It's All GRK

At 756 Queen St. W. you'll now find It's All GRK, a casual joint that focuses on locally-sourced ingredients for their gyros, platters, and dinners. Taking a less-is-more approach to the famed Greek street meat, It's All GRK has a trendy yet approachable atmosphere about it. When coupled with its prime eats, It's All GRK is a definite must-try.

Just opened: La Cubana

Fans of Cuban-inspired restaurant Delux on Ossington take note: They've opened up a second location, aptly called La Cubana, at 392 Roncesvalles Ave. The new joint is in line with the amazing bites the first spot offers up. Bocaditos (snacks) are shareably super, as are the famed sammies and sippable cocktails. Get there fast before the whole city heads westward!

World MasterCard Fashion Week

The city's getting a lot more stylish from Monday to Saturday Oct. 26, with the arrival of World MasterCard Fashion Week Spring/Summer 2014. With runway shows aplenty happening at David Pecaut Square (215 King St. W.) featuring top designers like Joe Fresh, Klaxon Howl, David Dixon, Mackage and the list goes on, World MasterCard Fashion Week is a veritable style showdown.

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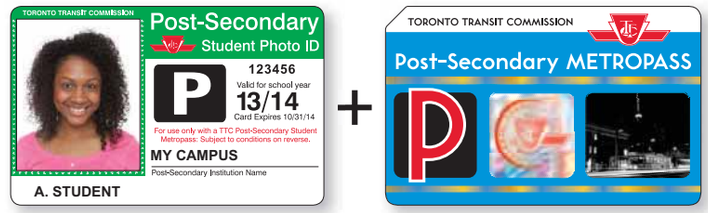

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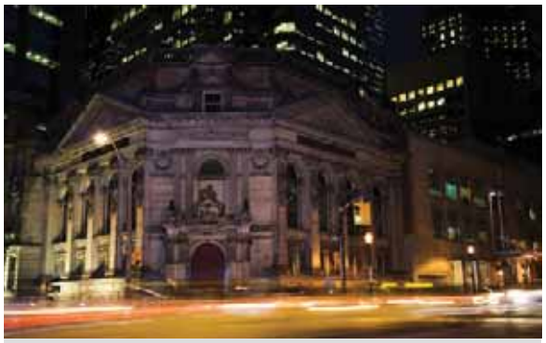

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FIFA

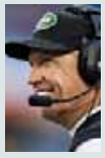
Canadian men plummet in world soccer rankings

Canada fell to an all-time low in the FIFA rankings Thursday for the second straight month, dropping five positions to No. 111. The Canadians stand 12th in the CONCACAF region, which covers North and Central America and the Caribbean.

Going into the Honduras game at San Pedro Sula on Oct. 16, 2012, Canada was ranked 61st in the world and sixth in CONCACAF.

Today, the Canadian men stand a hair above No. 112 Antigua and Barbuda, whose population is some 90,000 compared to Canada's 35 million. Canada is below Angola, Botswana, both Congos, Gabon, Guinea and Niger, to name just a few. THE CANADIAN PRESS

NFL



"I did not tell our players that they couldn't have sex."

New York Jets head coach Rex Ryan has provided plenty of memorable quotes during his four-plus years as coach of the New York Jets. This one, though, might top them all. Newly acquired Josh Cribbs said Wednesday he could tell how much Ryan wants to beat New England, telling his players to put off doing chores until next week. Some players mistakenly thought Ryan implied that sex was also on his banned "honey-do" list.

Canes storm Leafs after Reimer injury

NHL. Icing rule causes confusion as Buds' luck turns bad vs. Carolina

Referee Brad Watson signals a goal after the puck took a strange bounce in off of goalie Jonathan Bernier in the Leafs' loss to the Hurricanes on Thursday night at Air Canada Centre. NATHAN DENETTE/THE CANADIAN PRESS

The Toronto Maple Leafs' night started with an injury to goaltender James Reimer, and their winning streak ended with a puck going in off Jonathan Bernier.

Ron Hainsey scored the game-winner for the Carolina Hurricanes in the third period as they beat the Maple Leafs 3-2 Thursday night at Air Canada Centre. It was Toronto's first loss since Oct. 8.

Hainsey's goal was controversial because he banked a pass off the boards in his defensive zone that appeared to be icing. No Hurricanes player touched it, but Carolina forward Radek Dvorak beat Leafs defencemen Morgan Rielly and Cody Franson to the face-off circles.

Because of the new hybrid icing rule that was instituted for this season, the linesman waived off icing. Bernier did not play the puck, and it deflected off the boards and off his right skate and into the net.

The NHL experimented with hybrid icing during the pre-season, and it was put into effect when the Players' Association voted to approve it after the test run.

Bernier allowed three goals on 14 shots in the third period after stopping the first 23 he faced in relief of Reimer, who left the game 32 seconds in with an apparent head injury. Leafs winger Josh Leivo accidentally collided with Reimer as the goalie was trying to cover the puck outside the crease.

For a while, it looked like Reimer's injury would not cost the Leafs against the Hurricanes, thanks to more timely offence.

Joffrey Lupul scored his sixth goal of the season 2:30 into the second period after his shot went in off Hurricanes defenceman Andrej Sekera. Leivo scored his first career goal 6:47 into the second by picking a corner on Carolina goaltender Cam Ward.

The Hurricanes began carrying the play in the second period and outshot the Leafs 38 to 26 through 60 minutes. THE CANADIAN PRESS

On Thursday

Hurricanes	Maple Leafs
3	2

4 SPORTS

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Soccer

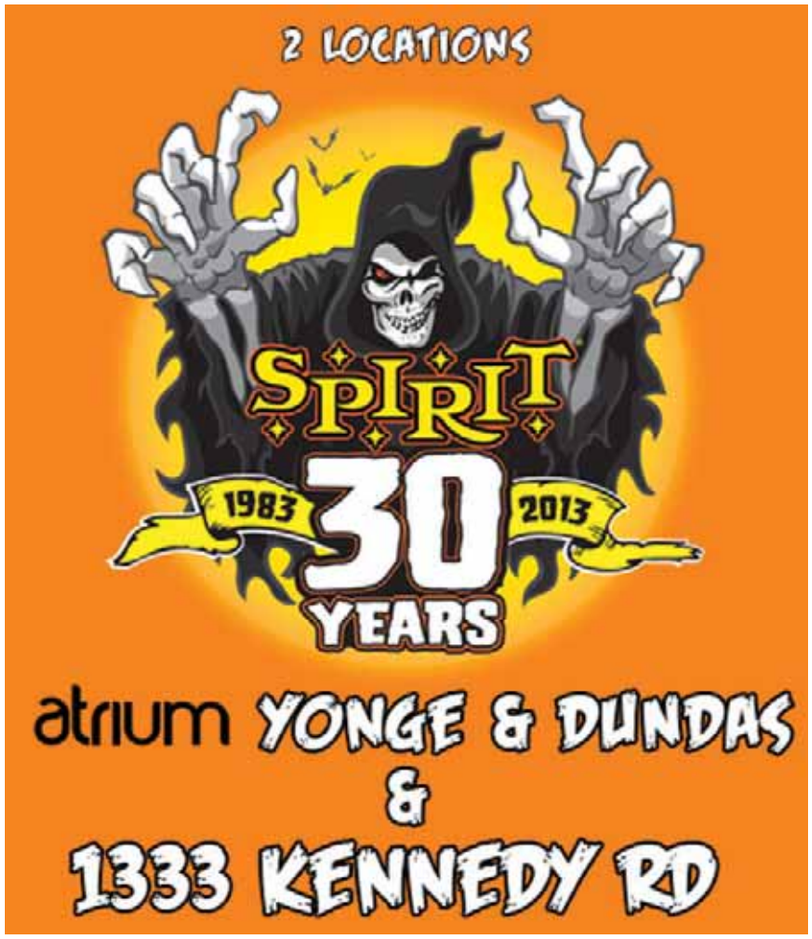
England coach in hot water after racial comments

A day after being feted for guiding England to the World Cup, Roy Hodgson found himself entangled in a racism controversy for making a joke about monkeys during halftime.

England players took to Twitter on Thursday to defend their manager, who was also backed by the English Football Association. But anti-racism campaigners are calling for an investigation into an incident that has taken some of the shine off England's qualification for next year's tournament in Brazil.

Hodgson has apologized after recounting an old joke about space monkeys in the England dressing room during Tuesday's match against Poland, as he attempted to explain how he wanted his players to pass the ball more to winger Andros Townsend, who is black.

Townsend backed up Hodgson's apology by tweeting his reaction to a controversy that was getting plenty of play on social media sites: "No offence was meant and none was taken! It's not even news worthy!" Townsend wrote. THE ASSOCIATED PRESS



No. 1 overall NBA pick Anthony Bennett throws out the ceremonial first pitch prior to an Aug. 10 Blue Jays game at Rogers Centre. BRAD WHITE/GETTY IMAGES

Cavs Canuck battling asthma, sleep apnea

NBA. Rookie Anthony Bennett — Cleveland's No. 1 draft pick — averaged 10 points, 6.3 rebounds in 3 preseason games

Cavaliers rookie forward Anthony Bennett of Brampton, Ont., the top pick in this year's NBA draft, has asthma and sleep apnea.

Cleveland coach Mike Brown revealed Bennett's conditions Thursday night before the Cavs hosted the Detroit Pistons in an exhibition game. Bennett's asthma was not widely known and obviously did not prevent the Cavs from taking the former UNLV star in June's draft.

Bennett has had some breathing issues during workouts and in preseason games, and him being sometimes winded had been attributed to him not being able to work out as much this summer after undergoing shoulder surgery in May. But Brown said Bennett also deals with asthma and wears a mask at night for his sleep apnea.

"It's a culmination of a lot of things," Brown said. "The shoulder, he's been out for a while, he's got asthma. We're throwing a lot at him. He's probably never played this hard against this competition in his life. He's got sleep apnea and some other things. He likes to stay up late."

Contagious?

"It makes me tired, so I try not to look at him. I tell him, 'If you need a sub, just tell me. Otherwise I'm not going to look at you.'"

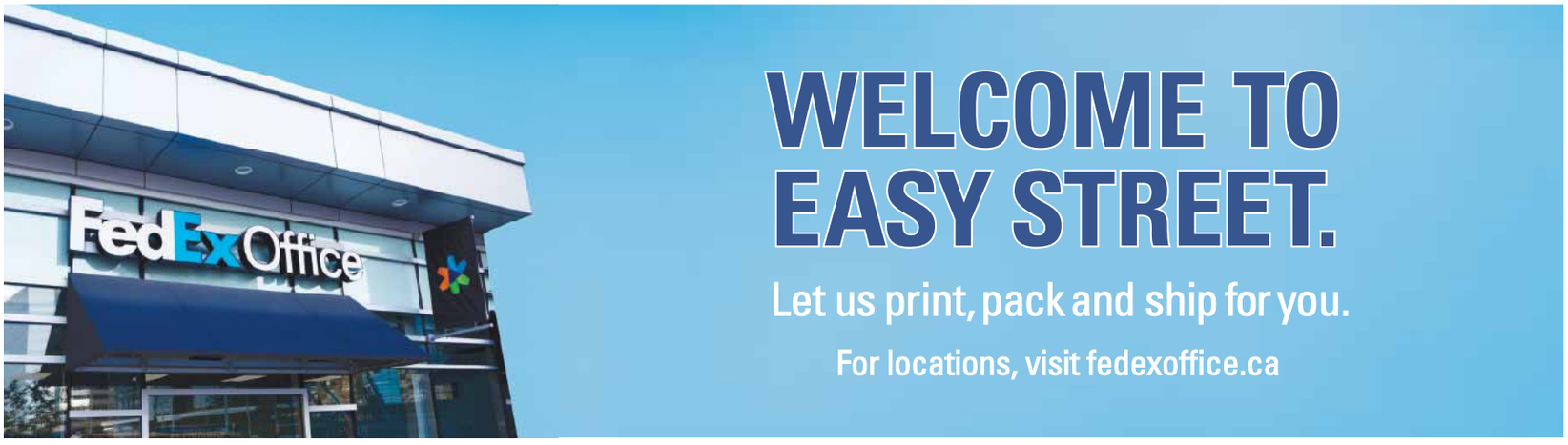
Cleveland Cavaliers coach Mike Brown on Brampton, Ont. native Anthony Bennett's breathing issues

The six-foot-eight, 259-pound Bennett averaged 10 points and 6.3 rebounds in his first three NBA preseason games. He's coming off the bench for Brown, and made his first shot — a three-pointer — against the Pistons and followed that up with a breakaway dunk.

Brown said Bennett's breathing issues are noticeable.

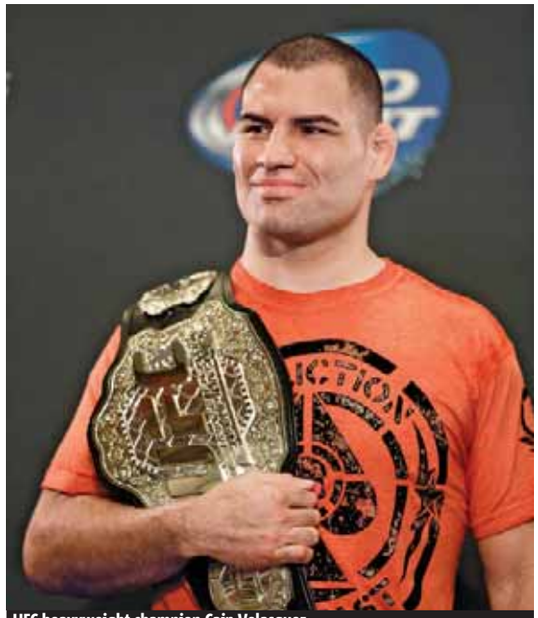
"It's been tiring to watch him because every time I watch him he's (gasping)," Brown said. "It makes me tired, so I try not to look at him. I tell him, 'If you need a sub, just tell me. Otherwise I'm not going to look at you.'"

Bennett was not in Cleveland's locker room during the period it was open for media members. THE ASSOCIATED PRESS



Dos Santos sequel unlikely after Saturday: Velasquez

UFC 166. Heavyweight champion says three bouts could be enough to settle the score


UFC heavyweight champion Cain Velasquez.
THE ASSOCIATED PRESS

UFC heavyweight champion Cain Velasquez and Junior Dos Santos will meet for the final fight in their heavyweight trilogy Saturday night in UFC 166.

And whatever the outcome, Velasquez says he won't fight Dos Santos again — at least not anytime soon.

Velasquez says: "I think it will be settled for a while."

Velasquez reclaimed the belt from Dos Santos with a decisive unanimous decision in UFC 155 in December. Dos Santos took the title from Velasquez in the first meeting in November 2011 with a knockout in 64 seconds.

Dos Santos says he made a lot of mistakes in the last fight and that he used those to learn from as he prepared for Saturday's bout.

"The past fights are going to help me a lot because I learned from that," Dos Santos said. "I think the biggest challenge is going to be to stop him. He walks forward all the time and we have to take care of that."

Velasquez is looking to guard against Dos Santos landing that one big punch because he believes that's the only way Dos Santos can win. Seven of Dos Santos's victories in the UFC have come by knockout, which is tied for second-most in heavyweight history.

The Brazilian-born Dos Santos is a big fan of boxing and hopes Saturday's fight helps this trilogy live up to some of the fabled trilogies in boxing history.

THE ASSOCIATED PRESS

Ontario

Ministry of Community Safety and Correctional Services

The Toronto South Detention Centre (TSDC) is seeking up to six part-time members to serve on the local Community Advisory Board.

Applicants should reside in the Greater Toronto Area, with recognized and responsible community involvement in areas such as social services, the criminal justice system and/or other service to the community.

The Community Advisory Board acts in an advisory capacity to the Minister of Community Safety and Correctional Services and provides advice on all aspects of TSDC operations. Members visit the TSDC on a regular basis and meet monthly as a board. Members are appointed for a term of up to three years, subject to renewal.

Additional information can be found on the Public Appointments Secretariat (PAS) website www.ontario.ca/publicappointments.

To apply by email, fax, mail or hand delivery, a downloadable application form is available from the PAS website.

Applications must be received by November 1, 2013.

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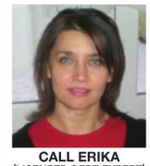
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Horoscopes

♈ Aries
March 21 - April 20
You will get what you ask for today so make sure you really want it. No matter how outrageous your request, the lunar eclipse in your sign will grant it for you. Does that get your imagination jumping?

♉ Taurus
April 21 - May 21
You will gain in some way today, maybe financially. However, the eclipse warns that what you get may be transitory in nature, so don't get too attached to it. If it's easy come it could also be easy go.

♊ Gemini
May 22 - June 21
You won't be short of ideas or self-belief today. You may, however, be short of the kind of foresight that can save you from making a wrong turn. Make a point of looking ahead.

♋ Cancer
June 22 - July 23
Employers could give you grief today, especially if they sense that you are none too sure of yourself. Visualize yourself as strong and capable. It may be an act but you can pull it off.

♌ Leo
July 24 - Aug. 23
You have wasted too much time and energy on someone who is clearly not going to play ball, so cut them out of your life completely. That may seem a harsh but it's all or nothing.

♍ Virgo
Aug. 24 - Sept. 23
Make a serious effort to resolve any differences of opinion you may have with colleagues. Not only will it make life easier for you on a day-to-day basis but it could also have some very welcome financial results.

♎ Libra
Sept. 24 - Oct. 23
The lunar eclipse in your opposite sign will bring an edge to partnerships and you may want nothing more than to get away from awkward people for a while. So what's stopping you? Just go.

♏ Scorpio
Oct. 24 - Nov. 22
For some strange reason you see plots and conspiracies wherever you look at the moment but are any of them likely to be real? No they aren't.

♐ Sagittarius
Nov. 23 - Dec. 21
Today's eclipse won't mess things up for you as much as it does for others but you need to take care. Above all, don't get emotional about issues that are of little importance in the greater scheme of things.

♑ Capricorn
Dec. 22 - Jan. 20
The quicker you come to a decision about some kind of domestic matter, the more likely it is to be wrong. To be blunt, your senses, including your sixth, are all over the place at the moment so hold fire.

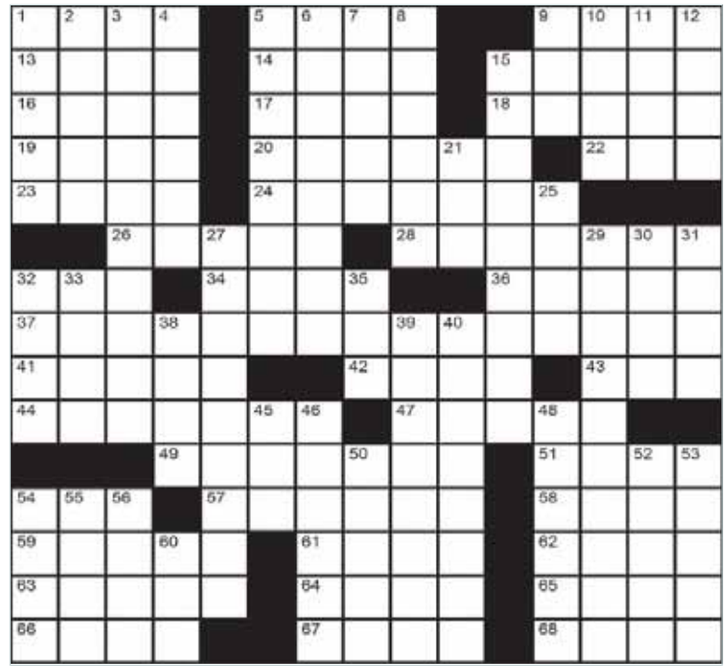
♒ Aquarius
Jan. 21 - Feb. 19
You know where you want to be but you can't work out how you are going to get there from where you are now. Once today's eclipse begins to wane the way ahead will be clear.

♓ Pisces
Feb. 20 - March 20
Someone will come to you with a sob story and, of course, you will do what you can to make them feel better. But don't give them money or you may never see it again. Be nice but be smart too. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

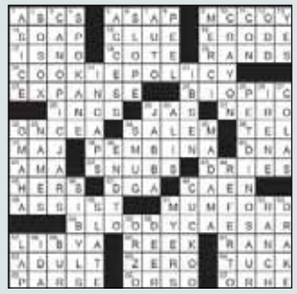
BY KELLY ANN BUCHANAN



Across
1. Test product
5. Chips __! (Chocolate chip cookie)
9. "I __ Fine" by The Beatles
13. Toronto-born actor Mr. McCormack
14. Read: French
15. Canadian poet, Al __ (b.1918 - d.2000)
16. Formerly, fancily
17. Taj Mahal's site
18. Kind of bay window
19. Somewhat, in music
20. __-tip marker
22. Hydrocarbon suffix
23. Swill
24. On the line: 2 wds.
26. Gunpowder component
28. Shake up
32. Long ago time
34. And so on, plurally [abbr.]
36. Fuzzy fruits
37. 1994 movie for Canadian stars Sandra Oh and Callum Keith Rennie: 2 wds.
41. Mother-of-pearl
42. James of "Misery" (1990)
43. No, to a Scot
44. Eno = __ brand
47. "The Price Is __"
49. Doorkeeper
51. Sugarloaf hit: "Green-__ Lady"
54. Will Ferrell comedy, "__ School" (2003)
57. Leisurely walk
58. In the distance
59. Question
61. Wheel shaft
62. Automatic
63. Extinct birds
64. Suit accessories
65. Litigates
66. Slow-cooked meal
67. Tubular water denizens
68. Sea eagles [var. sp.]

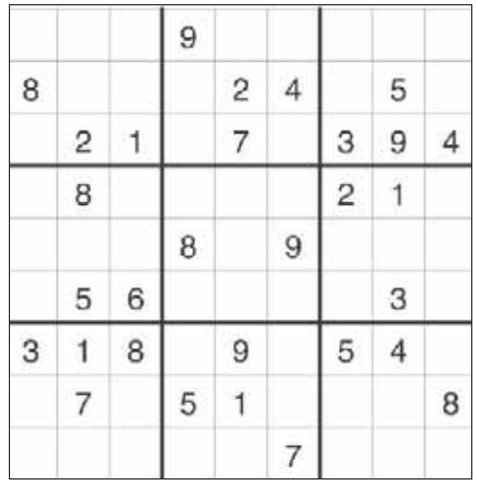
Down
1. Oceanic abysses
2. Mr. Flynn of swashbucklers
3. Wrongdoing
4. Eight-armed sea dwellers
5. Individually, as on menus: 3 wds.
6. Like many modern gadgets
7. Root used in perfumes
8. Bread ingredients
9. Fido's coat
10. Port city in Pennsylvania
11. Old Testament place
12. Country singer Mr. Lovett
15. Walter Ostanek, 'Canada's __ __'
21. All-you-can-__ (Restaurant style)
25. Daughter on "The Waltons"
27. Shows TV shows
29. Kiefer Sutherland TV series ...when spelled-out
30. Ms. Kudrow
31. 'Fin' finisher (Tactfulness)
32. __ Turnblad, role in "Hairspray" (2007)
33. __ Shark
35. Cul-de-__
38. Show off
39. The 49th __
40. Without hurt
45. "The Addams Family" cousin
46. Lessen the value of
48. Coffin-carrying car
50. Spunk
52. Polished off, as food
53. Madonna song: "__ You Up"
54. Gambler's chances
55. Plunder
56. "__, Where's My Car?" (2000)
60. __ and arrow

Yesterday's Crossword

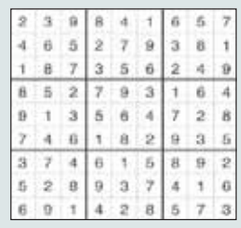


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku



Today
16°/6°
Variable

Saturday
12°/4°
Showers
40%

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